Chichester Herald

Friday 26th April 2013
YOUR FREE WEEKLY NEWSPAPER

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Could it be your store?

>> *Chichester set for first dedicated store for local producers*

Marina Dunn
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CHICHESTER CITY CENTRE will soon have a store dedicated to selling local produce – and the hunt is on for someone to take on the lease.

The scheme, thought to be the first of its kind in the country, has been introduced by Chichester District Council and West Sussex County Council to support local businesses. It is hoped that it will encourage people to buy, and discover more about, the high quality of food that is produced locally.

The project was given the go-ahead after local producers said that a base within the city centre would be the best way to support them to grow their businesses. They also believe this will complement the city's regular Farmers' Markets.

Chichester District Council is now looking for an innovative individual or company to lease 29a South Street to sell local produce from the district and surrounding areas. Applicants will be expected to prove that they have good retail experience, financial strength and a good business plan to make sure that the shop meets the project's aims.

To help kick-start the new business, West Sussex is investing £70,000 of funding to fit out the shop. An additional £5,000 is also available to provide assistance to local producers who require help in supplying the shop.

The project reflects many of the ideas highlighted in 'From Field to Fork' – a recent study from The Campaign to Protect Rural England. The report shows that three times the number of jobs are supported, when people buy from smaller independent local food outlets.

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Local producers said that a base within the city centre would be the best way to support them to grow their businesses

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Local News

Continued from page 1

"Our area has some of the best local produce in the country and we should be celebrating and promoting this," says Cllr Myles Cullen, Deputy Leader and Cabinet Member for the Economy, Property and Tourism at Chichester District Council.

"We asked local producers how they would like us to support them and their answer was to have a presence on the High Street. By working with West Sussex County Council on this project we hope to boost the local economy and help small local businesses to grow.

"Local suppliers have so much to offer, including sharing knowledge on what's seasonal and the best way to cook and serve food. We hope that by everyone working together not only will it provide local people with a fantastic new store but that it will also attract even more visitors to our beautiful city."

If everything goes to plan, it is hoped that the new shop will open by the end of the year.

Jason Burt, Managing Director of Farmhouse Cookery Ltd in Bosham, is excited about the project. He says: "Here at Farmhouse Cookery we've been championing great Sussex produce for over 10 years, not only as ingredients in our cakes but in our distribution service. To have a dedicated high street store showcasing the produce of our county's producers invaluable to small producers like myself. We're proud and delighted to be a part of such an initiative and urge our community to support us."

Caroline Spiby, owner of [illegible] Dairy; Councillor Myles Cullen, Cabinet Member for Economy, Property and Tourism; Councillor Jason Burt, Managing Director of Farmhouse Cookery Ltd in Bosham

Caroline Spiby, owner of Caroline's Dairy, was one of the people who put forward the idea. She says: "I am delighted that we will all be able to buy local produce from a shop in South Street, Chichester. We are extremely fortunate in the area to have such a wide variety of locally produced fruit, vegetables, cakes, conserves and condiments – not forgetting our ice cream. To have the opportunity to have these in one shop in Chichester is amazing. We have come this far and now we need the support of the local community to keep the idea going. Go and see what our area has to offer, you will be pleased!"

Those interested in applying for the lease can find more information and access a download-able pack from www.chichester.gov.uk/localproduceshop or call 01243 534669.

Is this Chichester Cathedral's new resident?

The [illegible] Peregrine [illegible] Cathedral [illegible]

FOR THE LAST 12 years, Chichester Cathedral has been the territory of a male peregrine falcon and his mate, who have returned to nest there every spring. During this time together, the pair successfully raised 42 chicks.

This year however, local wildlife photographers who have been monitoring their nest, say the female has a new mate in her life.

"Having profiled pictures of both birds there is no doubt it is a different male. We do not know what happened or how but it was probably a takeover bid in February as the old male was up there to this point. The new male also has completely different habits to the old one. He is very submissive to the female," says Janet Shaw, wildlife photographer.

Bishop of Chichester admits child abuse cover-up

THE BISHOP of Chichester has admitted to a former choirboy, abused as a child by an Anglican priest in East Sussex, that there was a cover-up.

Gary Johnson and his older brother, from Eastbourne, were abused by Roy Cotton, who worked for the Diocese of Chichester, in the 1970s and 1980s.

In a private letter of apology to Mr Johnson, Dr Martin Warner wrote: "There has been deception and cover-up here."

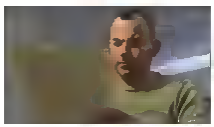
Welcoming the letter, Mr Johnson said: "I've been taken seriously at last."

He said: "It's given me some semblance of humanity. I've been validated, and I've been met at a level where I don't feel like a victim or a survivor.

"I feel like I'm a party that is worth talking to."

Cotton was ordained in 1966, despite having a conviction for sexually abusing a choirboy in the 1950s, and went on to abuse at least 10 boys from Eastbourne. He died in 2006 as investigations were under way.

Dr Warner told BBC South East the cover-up had not been perpetrated by recent or current senior members of clergy.



Gary Johnson received the letter from Bishop Dr Martin Warner

He said: "By cover-up, I mean that a person in authority, who has information, deliberately, knowingly ignores the information, does not pass it on, allows somebody who is a perpetrator of abuse to move from one post to another, allows somebody who is a perpetrator of abuse not to be challenged, brought to account – and thereby colludes actually with the abuse."

The letter was written on 10 April, following a meeting the day before between Dr Warner and Mr Johnson.

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Chichester had a reputation in the [illegible] century as being an unhealthy and unsanitary place. Most people in the town kept [illegible] buckets, which then emptied into the [illegible] people were reluctant [illegible] network of drains and sewers, because of the expense. They were finally pulled in [illegible]

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Pop and Soul Singer
VEE BEKE
Vibeke Hughes

In the absence of any talent locally we eventually discovered Vee professionally minded with roots in Denmark and the UK. Her debut EP CD includes ' Try to Realise ' Never Say Goodbye [illegible]

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Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@tom_watson
"Bishop of Chichester admits child abuse cover up"

@charlotte_may
"@NikkiJeffery1 What a difference a few miles make. Left Portsmouth sunny get to Haywards Heath cold and cloudy! And fog in Chichester"

@FestOfChi
"Chichester Singers are opening the festival with a fantastic concert @ ChiCathedral , not to be missed 15 June 7 30pm #FestOfChi"

@StonepillowChi
"Thank you @TheMGOwnersClub for raising £400 for Stonepillow and supporting our work to #helpthehomeless in and around #chichester"

@deebkck
"Downing tools to get ready for chatting to the students at the Peter Jones academy in Chichester"

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How hard did Suarez bite the other guy?

Tommy Boyd

NEWS

The first thing they go on about when you start as a journalist is "Dog bites man not news. Man bites dog news." We like things that turn out unexpected.

FAKE BOMB DETECTORS

What would be said if the crook who sold fake bomb detectors had instead sold fake bombs? Instead of passing off £15 golf ball finders as £10 000 devices that he said could sniff out explosives suppose he'd sold idiot regimes £20 microwave ovens and said they were £1m hydrogen bombs. Would he be a peace hero?

COH TRICKS

You can't condone crime especially one which put a lot of people at risk, maybe even caused death and destruction. But if you're talking about confidence tricks this one is probably the biggest of all time. Apparently the so called Murphy Game still goes on where the tricksters actually sell oven doors as modern flat screen TVs would you believe

IS THIS A CON?

I met a man at the seaside who owned a football club. This may sound unlikely but it's true. It was on the putting green. He was a clever man told me that when he bought the club he noticed there was a waiting list for fans wanting to buy a seat in the Directors Box. So he put a small fence around 400 seats next to the Directors Box and called it the Directors Box and fans paid many times what they had been paying when they were just ordinary seats. Which they still were basically. Is that a con? Or good salesmanship? Everyone was happy

THINGS THAT AREN'T WHAT THEY SEEM

Golf ball detectors can't locate bombs I doubt they are much good at locating golf balls. Coca Cola was originally invented as a headache cure. And this week it was revealed that bubble wrap was invented by some guys trying to make the world's first washable wallpaper. And Listerine is said to have been marketed originally as a cure for STDs

LUIS SUAREZ

The thing I want to know is how hard did Snr Suarez bite the other guy? It seems to me if he'd bitten him hard, like when Mike Tyson bit Evander Holyfield's ear off that's one thing. If he merely put his teeth against the guy's arm and went "Grrrr" that's another thing. Not nice for the guy but a very different degree of assault. The TV pictures don't really reveal

JOKE

True story I like. Frank Sinatra is at the bar in an LA club and a guy comes up and says "Listen Frank, do me a favour when you're leaving come past my table and stop and pat me on the back and say 'Hey Mike how you doing?'" Sinatra thinks this might be fun so when it's time to go he steers his entourage past the guy's table. Sees the guy. Stops. Comes over to him and says "Hey Mike! How you doing?!" Mike doesn't look up. He simply says "How many times do I have to tell you Frank leave me alone for Chrissakes. And get a life will ya?"

Let us know what you think @chiherald

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**

Distribution locations include: Tesco, Sainsbury's Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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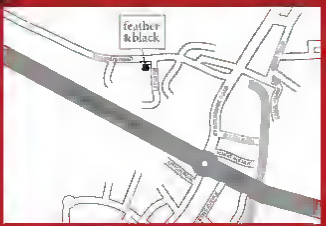

*All clearance products are subject to availability and are sold as seen.

Theatre mourns loss of artistic director

ONE OF Chichesters most loved artistic minds has sadly passed away Patrick Garland, aged 78, died of long term illness last week (19 april)

Twice the artistic director of the Festival Theatre, Garland had a very successful careeras an actor before joining the BBCs music and arts department, until he came to Chichester, where he was instrumental in the opening of the Minerva Theatre

Garland was the only director to have had four plays running concurrently in the West End, his most recent production was Simon Callow's touring adaptation of Dickens Dr Marigold and Mr Chops in 2011 The final production he directed at Chichester was Chimes at Midnight' in 1995

Garland was devoted to the city of Chichester, and anthologised Sussex poetry He also published half the city, it seemed, in Victory (1989), a promenade version of Thomas Hardy's The Dynasts, with James Bolam as Napoleon submitting to his coronation in Chichester cathedral rs

Jonathan Church, Artistic Director of Chichester Festival Theatre, said "He was quite simply vital to the success and longevity of the Festival Theatre His love of Chichester Festival Theatre never diminished and his support and advice was welcomed by the directors that came after him.

"On a personal level I will treasure having known him and I will remember with fond his kind support of our season and his appearance (health failing) at our 50th birthday gala, laughing and joking with members of Olivier's original company in celebration of the theatre he loved"

Garland s wife, Alexandra Bastedo, actress and model, survives him and lives in their marital home just outside of Chichester

Bike marking events are planned for May in centre of Bognor Regis and Chichester

ON THE 2ND OF MAY there will be events between 11am and 3pm in Bognor Regis High Street and at The Cross in Chichester

Operation Velo is an initiative, which was launched in West Sussex at the beginning of the year in an attempt to reduce the number of bicycles stolen from across the county

The scheme uses a new way of marking and registering bikes, and Sussex Police is hosting the free events at locations where officers have been marking, registering and offering advice about the best way to secure cycles.

PC Tim Jose, who works on Operation Velo, said "Each bicycle is marked using an anti-tamper label and the owner's details are registered on a national database, much like that which is used for cars and motorbikes Officers will be able to check if a bicycle is stolen or in the wrong hands within minutes of stopping the rider."

Cyclists will be able to come along to the events and speak to the team about registering their bicycle and to get advice about different types of locks

Police appeal for witnesses after man left with head and facial injuries

IN THE EARLY HOURS of April 21 a man was found lying in Longford Road, Bognor Regis with significant injuries The 51-year-old victim was taken to Southampton General Hospital to be treated and has now been discharged

Detective Constable Della Squires said "The victim was wearing blue jeans and a navy blue polo t shirt and we are appealing for anyone who might have seen him around that time to come forward and speak to us. If anyone witnessed what happened, I urge them to contact police on 101 quoting serial 0159 21/04. Alternatively you can also call the independent charity Crimestoppers anonymously on 0800 555 111 "

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777: Girls on the run
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SPIRIT FM, the local commercial radio station for West Sussex, has raised over £14,000 on a single fund-raising initiative in its latest campaign.

Hoping to help significantly in the bid to raise £36,000 for a young Chichester girl to have a life changing operation, The Spirit FM 777 Challenge will see Managing Director Sally Austin and mid-morning presenter Milly Luxford run to gain incredible 7 kilometres in 7 different countries in 7 days. Travelling and sleeping in a VW camper van loaned by local business Bognor Motors, the ladies will be 'legging it for legs,' earning sponsorship towards a special operation, Selective Dorsal Rhizotomy (SDR), for 17-year-old Chloe Humphrey from Chichester.

Departing the UK on Friday 26 April the game girls will travel to The Netherlands via France, Belgium, Luxemburg, Switzerland, Austria and Germany, pausing only to run the daily distance in each country. Sponsored by a host of local business and supporters the girls have just passed the £14,000 mark and couldn't be more delighted. "When we dreamed up the challenge we thought it would be fantastic if we could get to £3,000 but people have simply been so generous," said Sally Austin.

Milly Luxford said: "Chloe is 17 this year, as is Spirit FM. She is a lovely young lady and all she wants is to be able to walk, pain free and unaided. The operation she needs is not available to her on the NHS but it will transform her life. The money had to be found. We are absolutely thrilled and are so grateful to everyone who has sponsored us. Now all we have to do is rise to the challenge!"

And with numerous other fund raising activities also planned, the chances of Chloe being able to have the much-needed surgery looks positive that the operation has been booked for 7 May at Frenchay Hospital, Bristol, where she will be the oldest person in the UK to have the SDR operation.

For details of how to sponsor Milly and Sally please call 01243 773600 or visit www.spiritfm.net

New initiative helps kids go green

LOCAL SUSTAINABLE living group, Transition Chichester, has recently set up a new initiative in a bid to engage pre-school and primary school aged children with the environment. The group entitled Young Transition is comprised of retired and working school teachers, mothers on maternity leave as well as working professionals all of whom are passionate about engaging the next generation in a range of exciting activities.

Workshops are to be run once a month, with the debut event entitled Grow Your Own for kids, whereby children will be taught to plant potatoes and a range of herbs. The event runs from 10am-12pm, Saturday 27 April, Jubilee Road in Chichester.

The group will also visit schools, talking to individual classes, speaking at the school assembly and putting on an interactive workshop for the children.

Project initiator Julia Sander said: "Young Transition aims to engage young children in a positive, fun and creative way. We've held one off events in the past for children, but it's fantastic we're now going to have a monthly slot that children can come along to, make new friends, have fun and learn the importance of looking after the environment."

Planned future workshops include bread baking and making artwork from waste materials. Workshops are free of charge, but donations are welcome towards the costs of the workshop materials.

If you'd like to help volunteer or would like to come along to the workshops please contact Julia Sander at secretary@transitionchichester.org.

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Operation Watershed works to fix flooding in Bosham starts

OPERATION Watershed moved into Bosham this week.

West Sussex County Council has started working to help residents tackle a flooding hotspot in Newells Lane.

Over the past nine months residents have been subjected to spells of prolonged flooding, caused by surface water having nowhere to escape and drain away.

To solve the problem, the County Council will lay a new 225 metre pipe to the nearest outfall.

The works will cost about £20,000 and is expected to take ten days to complete.

West Sussex County Council's Head of Highways and Transport, Geoff Lowry, said: "The problem in Newells Lane has caused considerable distress and inconvenience to local residents, because they have been forced to find alternative ways to travel out of the area.

"We looked at a number of options and laying a pipe in an adjacent verge was the most appropriate one.

"Newells Lane was one of the first priorities targeted under Operation Watershed and we are confident this work will benefit residents the next time heavy rain falls."

Operation Watershed - backed up by an £8.25m fund - was introduced in response to the heaviest rainfall to hit West Sussex in over a century.

Countywide road maintenance programme gets underway

A £4 MILLION countywide road maintenance programme has got underway in West Sussex.

West Sussex County Council has begun work on its annual series of surface dressing schemes.

Surface dressing involves spraying a coating of bitumen on to the road, followed by one or more layers of hard stone chippings.

More than 150 roads throughout the county are scheduled to be resurfaced in this way over the next three months.

West Sussex County Council's Head of Highways and Transport, Geoff Lowry, said: "Surface dressing is carried out every year.

"It is done to seal the road and cover over repairs carried out following winter weather damage.

"It helps protects against future weather damage too and is a very cost effective way of protecting and prolonging the life of our roads."

Surface dressing is quick, easy, and traffic can be allowed to run on the new surface almost immediately – avoiding lengthy closures and disruption.

Sealing the road in this way prevents water getting into the foundations and weakening the road, which can lead to potholes developing.

Other benefits include an increase in

skid resistance which helps improve road safety.

Soon after a surface dressing is applied, the road is swept to remove loose chippings.

Where possible the County Council will give advance notice of the roadworks to residents in order to make sure their vehicles are not left on roads that are about to be treated.

Signs will also be put up advising drivers to drive slowly on recently treated roads.

Geoff added: "We want to remind motorists they need to observe the signs and drive slowly over a road that has been treated with surface dressing.

"This is because of the loose chippings which can flick up and damage other vehicles on the road.

"The surface dressing programme is essential and we ask motorists to be patient while this work is going on."

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Teenagers prepare for a summer like no other

YOUNG PEOPLE aged 16-17 are being offered an once in a lifetime opportunity to take part in a number of fun and challenging activities.

Young people from across West Sussex can apply now to be part of the four-week adventure, which will help them build new skills, make new friends and discover their communities.

The National Citizen Service (NCS) kicks off on Monday July 8 and is being run by the County Council's Youth Support and Development Service.

The four week programme involves a week away from home at an outdoor education centre in Swindon. The teenagers will be able to take part in activities such as abseiling, mountain biking and orienteering. A second week is also spent away from home, taking part in residential workshops in West Sussex.

Groups from each district and borough in the county will then spend the next two weeks creating and carrying out a social action project of their choice in their local communities.

West Sussex County Council's Director of Children's Services, Stuart Gallimore, said: "This is a unique opportunity for 16 and 17 year olds to take part in something really worthwhile. Not only will they have a great deal of fun learning new skills, they will also have something really impressive to put on their CV at the end of it."

Applications can be made now by calling the NCS hotline on 0800 027 3111 (quoting West Sussex County Council) or by logging onto www.ncsyes.co.uk. For further information you can email ncs@westsussex.gov.uk.

Each place is worth hundreds of pounds but the price of the course is just £50, which includes Monday-Friday accommodation for the first two weeks and all food and travel expenses.

Anyone aged 16-17 can apply. There are 105 places on offer in West Sussex.

Small scale memorial with big intentions

David's wife (pink jumper) attends the ce[illegible]

ON TUESDAY 23rd April, members of the Chichester Lions Club gathered with clients and friends to celebrate the life of retired local farmer and Lions Club member, David Gauntlett. The meeting was held at the Aldingbourne Centre to formally hand over six children's play tractors in memory of David, who sadly passed away last year.

Lion President, Brian Attfield, paid tribute to David who joined Chichester Lions in 1973 and was President in 1983/4. With his farming background it seemed very appropriate that David's memorial should be tractors - albeit small play ones.

His wife Mary was able to attend Aldingbourne together with her son Michael who now manages the family farm in Hambrook.

Cheers from Aldingbourne and Chichester Lions were delighted to see the new playareas, which has already proved to be very popular with visiting youngsters. Attfield, the Lions President, presented Mary with a bouquet and thanked her for her supporting David and the Chichester Lions over the years.

David was quite a character, particularly at business meetings when he ensured that the President conducting the meeting was kept on his toes.

After the formal hand-over of the tractors Chichester Lions enjoyed a cup of tea and cake in the Aldingbourne Tea Shop.

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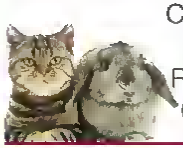

Cat and Rabbit Rescue Centre

Clover [illegible] and white friendly [illegible] and her son Utterly Buttery, a friendly [illegible] son who was born at the rescue. A [illegible] happy pair!

THERE are many advantages if you choose to adopt a rabbit from The Rescue Centre. Not only will you miss one of the most common pitfalls of buying in a shop, which is incorrect sex identification, but you will be able to choose from lots of available single rabbits (which the rescue will bond to your own single rabbit) and also lots of compatible rabbit pairs.

Also, you won't have to worry unnecessarily about the expense of vaccination as it will have already been done, or the very expensive cost of neutering your rabbit. Most rabbits at The Rescue will already have been neutered. You will also have the chance to talk to staff about the sort of accommodation the rabbits will need, and also get key care information.

On Sundays 2-3.30pm, rabbits may be reserved pending a satisfactory pre-home visit. The minimum donation requested is £35, which includes neutering, up to date vaccinations for myxomatosis and VHD and covered by Petplan Vet insurance for up to 4 weeks. Otherwise for an online rabbit adoption form go to www.crrc.co.uk (adopt a pet, info below the rabbit picture) or phone 01243 641409.

Rabbits of 30+ waiting for a home and more on the website:

• Clover is a ginger and white friendly, neutered female and her son Utterly Buttery a friendly, neutered male son who was born at The Rescue. A very close and happy pair.

• Spaghetti is a ten female and Tagliatelle a black and white male must go to a home together. Both friendly, neutered, and nearly 4 years old.

• Pickled Onion is a friendly, white male rabbit. He is neutered and has a lovely soft coat and likes standing on his hind legs.

• Jim Beam is a neutered white and grey 9 month harlequin lop male.

• Bellini is a grey and white spayed 1½ year old female.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ.

Let's talk Cosmetic Surgery.

An Overview of Cosmetic Surgery

Thinking of having cosmetic surgery? Mr Charles Durrant, Consultant Plastic Surgeon will be hosting a free talk on Thursday 2 May. Whether you're looking to lift, nip and tuck, reduce or enlarge, here's the perfect opportunity to get all your questions answered - or simply listen to some good advice. Following this Mr Durrant will be holding a free one to one clinic on Thursday 16 May.

FREE TALK

When: 2 May 2013

Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Meet our experts at: 7pm

FREE ONE TO ONE CLINIC

When: 16 May 2013

Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Time: 6pm

Mince Pies will be served.

To book, call 0845 4853898

Find out more at nuffieldhealth.com/hospitals/open-events

Nuffield Health hospitals

Fashionable fundraising from Chichester High School

THE CHICHESTER HIGH SCHOOLS Sixth Form has spent the last six weeks studying their struts and perfecting their poses ahead of the Annual Charity Fashion Show

The sixth forms head boy & girl, Lav Coppin and Callum Fisher, organised a two-hour extravaganza of clothes, music and drama on 26th and 27th March. The event raised £2200 for the sixth form charities: The St. Trizah & the Walk schools in Kenya, St. Wilfrid's Hospice and Great Ormond Street Hospital.

The night kicked off with the talented CHSG Year 11 dancers, some Harlem shake and the sixth form band, Toiletduck, rocking the sold out venue.

These appetizers lead to the main course of fashion and style for a good cause. Local businesses supported the event supplying clothes for students to wear with pride, as well as some fantastic raffle prizes.

The students put on feature acts including, the 'Divas of Pop' with Gaga, Beyonce and Nicki Minaj whilst One Direction boyhanded with tents, bikes and red noses! Students kept in shape thanks to Twist and Game, Set and Match, followed by Harry Potter featuring in a musical put on by the year 12 students.

The compares for the evening, Amelia Forster and Bradley Beresford, assured the buckets were overflowing by the end of each evening.

Nick Brewer, Head of Sixth, said: "This event was organised by the students from start to finish. Over 100 of them took to the stage, helped behind the scenes, or sorted out raffle prizes and baked cakes. The sense of community in the Sixth Form is fantastic. To see young people helping others and giving up their time is inspiring and I am sure it helped the audience dig a little deeper. This group of students has raised over £3000 this year and are looking to boost this figure with our Amnesty Quiz on 2nd May. We are proud of them all."

The Chichester High Schools Sixth Form would like to thank the following Chichester Businesses for their support, After Dark Productions, Chichester Fancy Dress, Oxfam, Mens Eros, British Heart Foundation, Mousetrap, Oasis, Age UK, Edinburgh Woollen Mill, House of Fraser, Tri-IT, Barnardos, St. Wilfrids, Cancer Research, Game, Set & Match and Scope.

Birth plans - don't worry if the whales aren't singing

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

'SO, WHAT'S YOUR BIRTH PLAN?' is a question you will hear from both midwives and friends alike throughout your pregnancy. The day you meet your baby is the most important in your life so it's little wonder that you want to plan every last detail. Parents have got a huge number of options available to them, from going with the flow to the more recent trends of hypno and free birthing.

Having a written birth plan can help those supporting us know our wishes at a time when we may be unable to express them – this can empower us when we feel exhausted and have little control over our bodies. It also leaves out some of the guess work for midwives when you are not in a position to discuss things or make decisions. Like everything else, birth plans are a personal choice and will vary massively from one person to the next. Some parents want to welcome their baby into their home environment, while others prefer the security of hospital. Some may prefer to stay and manage with minimal pain relief while others are happy to have an epidural with the first available anaesthetist. What is important is that your birth plan suits you (and your partner) and that you are able to see it as a guide, not a guarantee.

At times, circumstances dictate how and when babies arrive. A mum who planned a water birth may find that after several hours, she needs an epidural to help her rest. Or, at times, medical interventions may become necessary and plans have to be abandoned. Although not having the birth experience you wished for may be upsetting, you can console yourself that a safe and healthy delivery is the best outcome possible. Once your baby is placed in your arms, you will know that however you gave birth, you gave life! If you have to deviate from your plan, try not to feel too disappointed – after all the end result is the same. All your baby wants is to meet you, be close to you and hear your voice – he really won't mind that he/she wasn't born to whale song!

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone: 01243 642950. Website: www.chichester-nur.w-sussex.sch.uk

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Reality Check

Gracie Cliffe

THE TIME of year has come around where the flowers are starting to spring again, the sun is beginning to shine and the evenings are blessed with blue skies, and yet most of the country makes the conscious decision to sit inside watching the mental hopes and dreams of others either blossom or plummet horribly to the ground. Yes, I'm talking about the return of reality talent shows such as Britain's Got Talent and The Voice.

I'm not sure though, I too take part in the viewing of such shows but it does lead me to wonder – Why is it that we get so much joy from watching others fail? Don't get me wrong, I'm sure some people enjoy the successful contestants, but I know that for the most part, people get a thrill from watching the hopelessly deluded show themselves in front of the nation. Maybe it's a natural thing, hoping that the failures of others will make our successes seem even more impressive. But is doing this on a weekly, scheduled basis really healthy?

And I'm sorry but I also don't think it's healthy that we live in a society where most people base their lives on trying to have fame and money. At the end of the day what will that really bring you? Why envy actors and pop stars so much when we only have to open a newspaper to read about their relationships falling apart and their most recent drug addictions. Fame doesn't necessarily bring happiness.

Plus when we see 5 year olds going on these talent shows, professing that it's their lifelong dream to have a sold out stadium just for them, let's just remember that their lives have been short. The parents are probably behind it, selfishly pushing them so they can get in on the money. Children should be running around the playground, not auditioning to sell their lives away when they don't even fully understand the consequences of what they're doing.

So I give you the advice I one day hope to follow myself – Lay back in the sunshine, clear your head and really think about what YOU want from your life. Then go make it happen. Just make sure you're doing it for the right reasons.

Let us know what you think

@chiherald

Midhurst hunt huge success

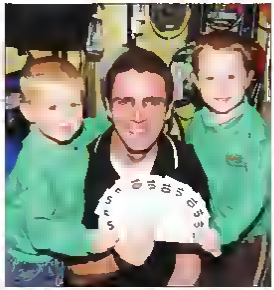
LIAM Bennett is the prize draw winner from the Midhurst Indie Easter Egg Hunt. He was presented with his prize by Gareth Underhill from Outfit Sports & Fitness – one of the many Midhurst businesses who took part in the 'hunt'. He has received £100 of vouchers which he and his family can spend at any of the businesses who welcomed egg hunters – young and old alike - into their shops this Easter.

Local children and their families really took to the 'hunt', collecting all their stickers to win a chocolate egg and also loved the certificates with which they were presented.

John Quilter, Chairman of Midhurst Town Team, said: "We were very pleased to support this initiative as it encouraged shoppers to visit shops they hadn't been into before and showed them what a diverse and active range of independent shops we have in Midhurst."

Darren Clarke, Director of KerryType at The Wharf, Midhurst and a member of the Midhurst First Reward Card Group, said "We were delighted with the strong support we got from the people of Midhurst. Many people who visited us were not aware of the wide range of services we provide and have promised to return. This support will certainly greatly help our local businesses in the present tough economic conditions."

The following businesses all took an active part in the 'hunt': Seven Fish, Frasers, Revamps, The Upholsterer, Coffee



Liam Bennett [illegible] his prize [illegible] Sports and [illegible] (Credit: Michael [illegible])

Verdi, Between the Lines, Stepping Out, The Little Sweet Shop, Cabbage White, Arnolds Opticians, KerryType Ltd, Truffle, Down to Earth, JE Allnutt & Son Ltd, Black Sheep Arnage Vintage, Outfit Sports & Fitness, Seventh Heaven Expressions, Midhurst Engineering, The Exclusive Cake Shop & Tea Rooms.

More events and special initiatives supported by the Midhurst Town team and being planned throughout the spring and summer to attract local shoppers and visitors to the town centre and details will be released as they become available.

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DAY EXCURSIONS

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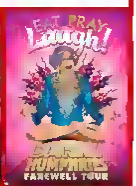
15 MAY LES MISERABLES Queens Theatre
22 MAY SINGING IN THE RAIN Palace Theatre
22 MAY A CHORUS LINE London Palladium
07 JUN PRISCILLIA QUEEN OF THE DESERT Mayflower Theatre
13 JUN CATS WITH LUNCH OPTION Mayflower Theatre
14 JUN THE BOOYGUARO Adelphi Theatre
15 JUN CELEBRITIES ON ICE BIC Bournemouth
25 JUN JONATHAN & CHARLOTTE BIC Bournemouth
27 JUN STRICTLY CONFIDENTIAL Mayflower Theatre
28 JUN LOOSE WOMEN Southbank Studios
13 JUL THE WIRELESS FESTIVAL London Olympic Park
01 AUG PHANTON OF THE OPERA Her Majesty's Theatre
01 AUG BILLY ELLIOT Victoria Palace Theatre
03 AUG KEN OOOO Worthing Pavilion
07 AUG CHARLIE & THE CHOCOLATE FACTORY Theatre Royal Drury Lane
24 AUG PETER PAN, THE NEVER ENDING STORY Wembley Arena
27 AUG JERSEY BOYS Prince Edward Theatre
28 AUG WE WILL ROCK YOU Dominion Theatre



12 SEP FIDDLER ON THE ROOF Mayflower Theatre
18 SEP MATILDA THE MUSICAL Cambridge Theatre
05 OCT I'LL BE BACK AT MIDNIGHT NEW (with 2 course lunch) The Mill, Sonning
15 OCT DANIEL O'DONNELL Fairfield Halls, Croydon
17 OCT EVITA Mayflower Theatre NEW
31 OCT GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
14 OCT SCROOGE Mayflower Theatre NEW
23 NOV CLASSICAL SPECTACULAR Royal Albert Hall
28 NOV WAR HORSE New London Theatre
12 DEC JOHN RUTTER'S CHRISTMAS CELEBRATIONS WITH R P O NEW Royal Albert Hall
13 DEC STATUS QUO Brighton Centre NEW
14 DEC JOOLS HOLLAND & GUESTS Brighton Centre
15 DEC DIVERSITY - LIMITLESS The Brighton Centre
17 DEC JLS BIC Bournemouth
17 DEC BOYZONE Brighton Centre
05 JAN DISNEY ON ICE - DARE TO DREAM 02 Arena
09 JAN ROBINSON CRUSOE & CARIBBEAN PIRATES Mayflower Theatre
16 JAN ROBIN COUSINS ICE Mayflower Theatre
19 JAN CIRQUE DU SOLEIL QUIDAM NEW Royal Albert Hall
30 JAN DAME EDNA - BARRY HUMPHRIES FAREWELL TOUR Mayflower Theatre NEW

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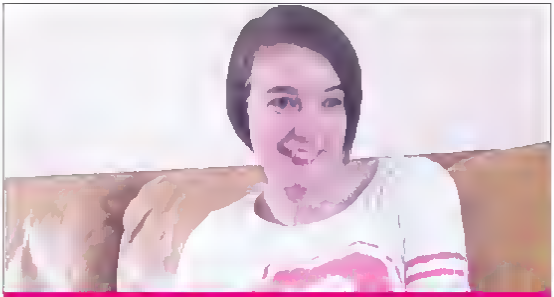
Chloe's New Legs



BORN six weeks early Chloe Humphrey was so tiny that people mistook her for a doll. At 18 months Chloe was diagnosed with cerebral palsy, with spastic diplegia. The prognosis wasn't good: her family were warned that it was unlikely that she would ever walk. But medics hadn't reckoned on Chloe's determination. By 30 months she was toddling with the aid of a walking frame progressing to sticks by the age of 4.

But sadly Chloe's condition can only get worse as she gets older.

And that's why Chloe and her family are focussed on raising £36,000 to pay for a major life-changing operation that sadly is not funded on the NHS in West Sussex.

Chloe's New Legs

Hi Herald readers,

Two of the Spirit FM girls are giving it Leg for Legs with the 777 Challenge – and it's going to be fantastic!

The lovely Sally Austin, managing director, and Milly Luxford, presenter, set off this morning to run 7k in 7 countries in 7 days to raise money for my operation. They are even running in pink onesies for the French leg of their journey – how cool is that?!

They've raised an amazing amount in sponsorship and I knew they are going to smash this challenge. I promise the girls I'll be with them in spirit every step of the way. I can't believe that the next time they see me I'll have my new legs! Scary, but exciting!

Lots of love, Chloe x

Chloe's Guide: fundraising events taking place the next week or two:

• Chloe's "In the Pink" Race Night – 7pm Friday 26th April. At Chichester College. £10 per person for tables of 10 people. Get together with your family, friends or work colleagues. Everyone attending must wear something visible in Pink – or pay the price! The evening includes Horse Racing, Roulette and Black Jack – and nibbles! All proceeds go Chloe's New Legs. To book a table email Ree Bulpett – ree@bulpett.co.uk or call 07765 996947

• Women's Quarterz – Friday 3rd and Saturday 4th May at Headquarterz, 9 Aldwick Road, Bognor Regis. Treat yourself to a mini 'hen do'. Heidi and Justine at are offering a fabulous range of treatments. Get your hair washed, blow dried or the whole lot trimmed. Or try something different! Have it put up, curled, crimped or straightened – each treatment just £5. You can have your fringe trimmed for just £2 – a snip at this price! There's no need to book, everyone will be seen on a first come basis, tickets issued on arrival. For more information call 01243 824496. These lovely girls are treating Chloe to a new head do, so she's glammed up before going into hospital for her operation.

• May The 4th be with Chloe – Saturday 4th May at The Venue, Chichester. A long time ago, in a galaxy far, far away ... a great disturbance in the force brought together a team of Jedi Master Musicians. They decided to defeat the Sith, bring balance to the universe and lay down a fat soul groove just for Chloe! The Fabulous Fug Band will be putting the bash back into soul with this intergalactic event. Tickets are only £5 on the door. You'd be Darth not to be there!

• Onesie Cruise – Sunday 12th May – organised by Dubspec, local VW Invers club. Meet at 10.30am at S Jago Designs, 3 Beaver Units, Quarry Lane Industrial Estate, Chichester, West Sussex PO19 8NY. Just turn up in your vehicle, preferably in a onesie or PJs – you don't have to be in a VW. The cruise will set off for The Devils Punch Bowl Cafe, Hindhead at about 11am. After some refreshments they'll be cruising down to Heyshott Island for a picnic or BBQ in the car park behind the fair. The entry fee is £5 or you can get sponsored if you want. You can join the cruise at any point for any part – just turn up with your dosh.

More information on events can be found at www.spiritfm.net/chloe-new-legs-events or at www.chloesnewlegs.org.uk/events

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Chichester Business

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Green Go! For gardening at Aldingbourne Country Centre

ROLL UP! ROLL UP! Spring arrived in time for National Gardening Week and the Horticulture Department at the Aldingbourne Country Centre is in full swing. The team is busy potting up seedlings and taking care of young plants in the greenhouses, preparing them to be sold and make their way into West Sussex gardens.

Sue Lee from Chichester wasted no time in getting to the Country Centre to buy some plants for her garden now the sun has appeared. A regular visitor and avid gardener, Sue said: "I am very fussy as I know my stuff and I enjoy coming here to buy my plants as they are local and good quality, and I am supporting a local charity. The Centre is clean and tidy, the prices are good and so is the plant selection. When I visit I pop into the Café to have lunch – today it was a lovely lasagne. I also bring the family up here and buy items in the Shop. The new tractors look great for kids – my 2 year old great-grandson will love them."

Paul Wycliffe, Paul Livesey, Helen [illegible], Luke Williams in the greenhouse

Richard Akkerman, Horticultural Instructor, gave an insight into the Horticulture Department at the Country Centre. As well as selling plants, this Social Enterprise enables the charity's clients to develop horticultural skills and work in the department. Seven clients who have learning disabilities, plus some volunteers, work with Richard on a daily basis, undertaking intensive hard work in a short period of time due to the seasonal nature of gardening. Spring is a very busy time of year and the clients learn a full range of plant care skills cultivating seedlings, potting, nurturing plants to their maturity, labelling and pricing, processing customer orders and re-potting plants i.e. in hanging baskets. Overall the clients will work through the entire horticulture process and on average work with 18,000 units of bedding plants.

The Horticulture Social Enterprise also follows a green ethic by not using pesticides and sourcing local, peat reduced compost, pots and plant materials. Beneficial insects are used to keep pest insects at bay and the weather is utilised to control disease. The trays and pots are recycled and suppliers are sourced within a fifteen mile radius. The plants are housed in top of the range greenhouses that are computer controlled to maintain optimum climate and irrigation.

A wide range of bedding plants, shrubs, perennials and fruit trees are available to buy at the Aldingbourne Country Centre and a selection of pots and compost are also for sale in the Country Centre Shop.

The Aldingbourne Trust is an enterprising charity that runs projects across their various West Sussex sites that encourage a learning environment. The charity supports adults with learning disabilities and the projects enable them to have the same opportunities as everyone else – to live independently and develop skills to gain employment. For more information about the Trust and the Horticulture at the Country Centre please call 01243 542075 or visit the website www.aldingbournetrust.co.uk

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Chichester Business

Business inspirations group together to guide others

ON WEDNESDAY 8 May 2013, Chichester College will be hosting their much anticipated 'Business Twilight' event.

Located in the Conference Hall, the inspirational list of guest speakers and its supporting, quality master-classes will offer all that attend the chance to gain valuable top tips in sales leadership, cash flow, business tax and exporting from the professionals as well as the chance to network with motivational business leaders and achievers too.

Provided for the thriving local business community in West Sussex, by the College's Peter Jones Enterprise Academy, the event's highlights include accomplished entrepreneurs Lara Morgan, of Company Shortcuts who recently sold her export business Pacific Direct for £22m, and Patricia Kerr who set up executive search and selection company Kerr-Ingram as key speakers on the night.

Business fellows, with experience and achievements that we can all learn from, will deliver the supporting master-classes available at the event. They include John Whitemore, from The Way Business Academy who will be talking about Leadership skills, Adrian Moss from Sandler Training with top tips on how to improve your sales techniques, Stephen Golding of UK Trade & Investment with all you need to know about exporting goods and much more.

There will also be plenty of opportunity to talk with Chichester College students and staff to hear all about the growing portfolio of professional courses, work placements, and apprenticeships. Delicious food and refreshments will be provided by the College's quality catering facilities and the award winning, Oasis Hair and Beauty Salon will be offering short but delicious pamper sessions during the evening, which will be subject to separate charge.

The aim of the event is to bring together individuals who have excelled in their own fields to help guide and inspire those in our local community who wish to start up, develop their own business, or wish to obtain useful and rewarding employment in today's market place. Entry is £12 per person, including food and refreshments. If you would like to secure your invitation to this special event, you are encouraged to contact Tara Lovejoy at Chichester College on 01243 786321 or to make payment directly by 1 May, either by card payment to the Chichester College cash office 01243 786321 ext 2301 quoting 'business network', or by cheque payable to 'Chichester College' sent to Tara Lovejoy.

Launches a 'Home and Away' initiative with FREE Racing available to Annual Members

GET YOURSELF signed up now to an Annual Membership at Fontwell Park to gain a whole host of benefits!

Fontwell Park is part of the Arena Racing Company (ARC) and as the largest racecourse operator in the UK, with 15 racecourses spread across the UK, hosting nearly 40% of the fixture list, keen racegoers will never be far away from an opportunity to go racing for free.

An Annual Members benefits package has been created that is rivaled by none other in the racing industry. All Annual Members of Fontwell Park racecourse will now get free entry to any other ARC racecourse fixture. So don't miss out on the chance to travel the length and breadth of the country and always have a free entrance to a race meeting at your fingertips.

If you live locally to Fontwell Park Racecourse and take out a half-yearly annual membership for £120, this will become your 'home' racecourse and you will get full members benefits which includes Premier Enclosure entrance to all fixtures from June – December, including access to the Annual Members viewing bar, free car parking and over 30 reciprocal fixtures. The 'Away' racecourse is any other you visit in the group and you will be given

free access to any enclosure.

But the rewards don't stop there with plenty of offers & discounts being given across all the racecourses and 4 complimentary admission tickets valid at any racecourse.

Tracy Skinner, General Manager at Fontwell Park Racecourse said: "This new initiative will reward the loyalty of our members and give them an opportunity to try out some of the other racecourses in the group for free. With such a great spread of locations across the country we hope our members will enjoy visiting additional courses. If anyone had been considering taking out an annual membership to our course – this really is the time to do it!"

This new membership package is offered in partnership with Wilhom Hill and media partner At The Races.

Full details of the scheme can be found at Fontwell Park website www.fontwellpark.co.uk

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Evil Dead (18)

THREE out of Five stars

Running time: 91 mins
Director: Fede Alvarez
Starring: Jane Levy, Shiloh Fernandez, Jessica Lucas, Lou Taylor Pucci, Elizabeth Blackmore, Jim McLarty, Phoenix Connolly, Sian Davis, Stephen Butterworth, Karl Willetts, Randal Wilson, Rupert Degas

Fede Alvarez's Raimi-approved Evil Dead remake is well made and delivers buckets of the red stuff, but it's hampered by poorly developed characters, a lack of humour and a tendency to substitute gore for actual scares.

What's it all about?
Directed by Fede Alvarez, Evil Dead is a Sam Raimi-approved (he produced, along with Bruce Campbell and original collaborator Rob Tapert) sequel (part remake, part reboot, part sequel) of Raimi's 1981 horror classic. Updated to the present day, the film stars Jane Levy (Suburgatory) as Mia, a heroin addict whose brother (Shiloh Fernandez) and three friends (Jessica Lucas, Lou Taylor Pucci and Elizabeth Blackmore) have taken her to a remote cabin in the woods so that she can go cold turkey. However, when the group find a mysterious book in the cabin's basement, they unwittingly release an evil demon that wants to possess them all and soon they are fighting for their lives.

The Good
Sam Raimi's stamp of approval puts Evil Dead a notch above other recent remakes of classic horror movies and Alvarez is certainly faithful to the spirit of the original film, maintaining a decent pace and, pleasingly, relying on old-fashioned effects rather than resorting to CGI. Similarly, the film is strikingly bleak throughout, courtesy of Aaron Morton's effectively shadowy cinematography, while Roque Banos' score creates an appropriately intense atmosphere.

The performances, however, are less successful. Levy is excellent as Mia, whether possessed (she puts in a lot of excellent twitching work) or unpossessed, while there's strong work from Lou Taylor Pucci (probably the best known cast member), who gets what little basically the film's only funny line. However, Lucas, Blackmore and Fernandez are entirely forgettable and thus completely interchangable, to the point where it's impossible to care about whether they make it or not.

The Bad
The main difficulty with the film is that, although it's well made, it doesn't really bring anything new or interesting to the franchise, which renders it rather pointless. It's also extremely difficult to pull off a cabin in the woods film in the wake of Cabin in the Woods (much as Scream effectively killed off the straight slasher film), set against both that film and Raimi's own comedy remake Evil Dead II, the lack of humour in Alvarez's Evil Dead is something of a problem (the odd knowing nod to a significant object aside).

On top of that, the film opts for high intensity gore over actual scares, so it never really gets under your skin. That said, though the film gets a little repetitive in the middle section, it does at least rally for an enjoyably all-out, blood-soaked final act.

Worth seeing?
Evil Dead is an efficient but ultimately pointless remake that's unlikely to replicate the impact of the original film, though Alvarez has enough style to suggest that he could be a horror talent to watch.

Films showing at New Park Cinema

CHICHESTER cinema
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'your cinema on the park'

Fri 26 Apr
13.00 You Will Be My Son (15) 163m
15.15 Post Tenebras Lux (18) 120m
18.00 In the House (15) 105m
20.15 Skyfall (12A) 143m

Sat 27 Apr
13.00 A Place in the Sun (PG) 122m
15.15 You Will Be My Son
17.15 Tess (Polanski) (12A) 180m
20.45 In the House

Sun 28 Apr
13.00 Tess
16.15 In the House
18.15 A Place in the Sun
20.45 You Will Be My Son

Mon 29 Apr
13.00 You Will Be My Son
15.00 The Best Exotic Marigold Hotel (12A) 124m
17.30 Skyfall
20.45 Post Tenebras Lux

Tue 30 Apr
13.00 The Best Exotic Marigold Hotel
15.15 You Will Be My Son
17.30 In the House
19.45 Tess

Wed 1 May
12.30 Skyfall
15.30 You Will Be My Son
18.30 In the House
20.45 The Best Exotic Marigold Hotel

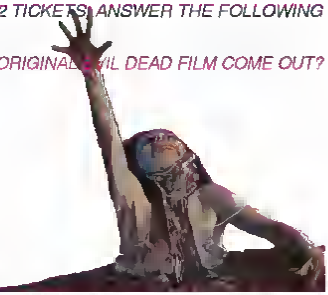
Thu 2 May
12.30 The Best Exotic Marigold Hotel
14.45 In the House
17.00 You Will Be My Son
19.30 Opera. Nabucco 170m

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. WHAT YEAR DID THE ORIGINAL EVIL DEAD FILM COME OUT?

A. 1980
B. 1981
C. 1982



Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 30th April 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Lisa Field from Emsworth

Chichester Herald competition terms and conditions apply

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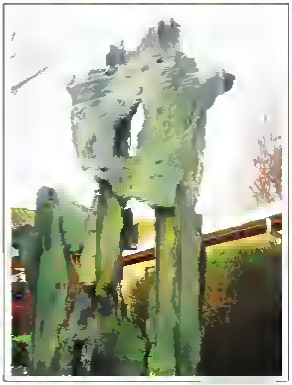
Students' creations on show at Gallery



Safe Barry Flame' Language In Ruins which will appear in the Gallery's courtyard water feature During Exchange

OPENING on Saturday, works by BA (Hons) Fine Art students from Northbrook College will be popping up around the Gallery. The students have been invited to create a series of imaginative site-specific artworks in locations within both the historic town house and the contemporary wing at the Gallery for a new exhibition, titled 'Exchange' (27 April – 19 May 2013).

Inspired by artists within the Gallery's world-class Collection as well as various facets of the Gallery itself, the installations are wildly diverse in medium, style, size and meaning – from double sided screen prints made from historical extracts of economic debates to a fabric replica of an Eric Gill stone carving.

The innovative partnership which forms part of the Gallery's extensive Learning and Community programme, provides students with the opportunity to experience working to a professional brief and to exhibit in a prestigious Gallery renowned for its Collection of Modern British Art. Students on the course at Northbrook were invited to submit their innovative site-specific proposals to a panel for selection. The ten exhibiting artists this year are Mew Welch, Barry Williams, Jane Brannigan, Woody Whiting, Janet Song, Deborah Petch, Nicola Ferrie, Laura Scrivener, David Muchmore and Merna Liddawi.

Natalie Franklin, Pallant House Gallery Learning Programme Coordinator strongly supports the partnership. "It's wonderful to see students who are on our doorstep having the chance to go behind the scenes and respond to the works in the Collection in their own way – with these responses then being celebrated in an exhibition."

Spring arrives at West Dean Gardens

New born lamb at West Dean

THE SUN is shining, the grass is growing and lambing is nearly complete on the West Dean Estate. One of the best places to see the newborn lambs is to take the Parkland Walk up the track to the Arboretum at West Dean Gardens – a 2½ mile circular walk. (Entrance to West Dean Gardens is just £1 for children, Friends of West Dean get free entry). Visitors are asked to respect the ewes though and not get too close – they get very protective at this time of year.

Stock up on spring plants in the Gardens Shop and drop into the Gardens Restaurant for some refuelling – home-made soup, a slice of home-made cake or treat yourself to a West Dean cream tea (Free parking for Shop and Restaurant).

Summer garden opening times (March – October 2013) 10.30am – 5.00pm Daily. Last entry 4.30pm. Admission prices (March – October 2013) Adults from £7.70. Children from £0.90. Friends membership rates 2013. Individual (one named adult) at £29. Individual and Guest (one named adult, one transferable guest) at £55. Joint (two named adults) at £55. Family (named family to include 2 adults and 4 children) at £60.

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The Grand Brighton

South of England Centre

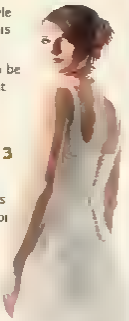
Wedding Fayre: Sunday 19th May 2013

The Grand Brighton is more than a hotel; this is an institution; an iconic piece of British history, perched contentedly at the centre of one of the most famous seafronts in the world. Grand by nature, welcome to old world luxury; there is nothing boutique here; this is opulent splendour, style and service from another age. What an amazing venue for this wedding fayre.

The fabulous Empress Suite will display what we consider to be up to sixty of the best wedding suppliers that East and West Sussex has to offer.

Wedding Fayre: Sunday 28th April 2013

The South of England Centre, Ardingly situated in the heart of Sussex is one of the most flexible and unique venues in the country. The fabulous Norfolk Pavilion is the setting for our first wedding fayre here; a stunning venue set in 150 acres it offers a wide range of facilities. The Ardingly and Balcombe Rooms can accommodate over 60 of the best wedding suppliers that Sussex has to offer.



See a fantastic selection of exhibitors displaying: wedding dresses, grooms attire, photography, flowers and so much more. With such a diverse selection of 40-80 first class suppliers at every event, we know you can and will make all the right decisions for your special day.

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Cams Hall, Cams Hill
Fareham, Hampshire PO16 8AB

SATURDAY'S TV 27.04.13

Listings supplied by Press Association

CHOICE

Margaret Thatcher

Young Margaret: Life, Love & Letters
BBC2, 9pm
The death of Margaret Thatcher earlier this month showed that even 23 years after she left Number 10, there are few other politicians who inspire such strong feelings in the British public. But how did she become such an influential and divisive figure, and were there any clues in her Grantham childhood that she would one day earn her place in the history books? This documentary tries to provide some answers by drawing on previously unseen correspondence and interviews with close members of the Thatcher family.

BBC1

6.00 Breakfast 10.00 Saturday Kitchen Live 11.30 Nigel Slater's Simple Suppers (R) 12.00 BBC News: Regional News; Weather. 12.15 Football Focus 1.00 Triathlon 2.00 Live: Snooker: The World Championship 4.30 Final Score 5.20 Pointless Celebrities. (R)

6.10 BBC News: Regional News; Weather

6.30 Rip Off Britain: Claire is trapped in the malfunctioning Tardis and pursued by monsters, leaving the Doctor just 30 minutes to find his companion before his battered blue box self-destructs.

7.15 The National Lottery: Who Dares Wins: Nick Knowles hosts the game show in which two pairs of strangers team up, each battling to outdo the other by listing as much as they know about a given product.

8.05 The Voice UK: Holly Willoughby and Reggie Yates present the penultimate week of blind auditions with Jessie J, Will.i.am, Tom Jones and Danny O'Donoghue looking to complete their teams.

9.25 Casualty: A robbery at an off-licence ends in violence when the owner is stabbed – and it soon turns out he knows one of the attackers. A confused old man brings his dog in for treatment.

10.15 BBC News: Weather

10.30 Match of the Day: Including highlights of Wigan Athletic v Tottenham Hotspur: National Lottery Update.

12.05 The Football League Show

1.25 Weatherview 1.30 BBC News

BBC2

6.00 This Is BBC Two 6.45 Film: Station West (1948) 8.10 Film: Smith (1969) 10.00 Live: Snooker: The World Championship. 12.00 Pat Hydesmith's Britain (R) 12.30 Just a Minute. (R) 1.00 University Challenge (R) 1.30 Talking Pictures 2.05 Film: Nanook of the North (1949) 3.45 Chess. (R) 4.30 Live: Snooker: The World Championship 5.30 The Great British Sewing Bee (R)

6.30 Plog It: From Felixstowe to Kent. (R)

7.00 Live: Snooker: The World Championship: Jason Mohammad introduces coverage of the evening session on day eight at Sheffield's Crucible Theatre, where two second-round matches take place.

8.00 Dad's Army: Private Godfrey faces homelessness. (R)

8.30 QI: With Rory McGrath, Dara O Briain, Jeremy Clarkson and Alan Davies. (R)

9.00 Young Margaret: Life, Love & Letters: Documentary examining the influences that shaped Margaret Thatcher's life and political career, featuring interviews with family members including her son Mark.

10.30 The United States of Television: America in Primetime: Alan Yentob examines the popularity of TV characters who are outsiders and misfits.

11.30 Elephant: Big Night Out: Thirteen-month-old Sassafras rises through the ranks of acts who have performed there. (R)

12.30 Snooker: The World Championship 1.20 Snooker: World Championships Extra 3.20 This Is BBC Two.

ITV

6.00 CITV: Jungle Junction 6.15 Jungle Junction 6.25 The Hive (R) 6.35 The Hive (R) 6.40 Dino Dan. (R) 6.55 Dino Dan (R) 7.05 Cammals. (R) 7.15 Cammals (R) 7.20 Almost Naked Animals (R) 7.35 Ultimate Spider-Man 8.00 Jessie 8.25 Sabrina: Secret Teenage Witch 8.50 Scooby-Doo! Mystery Incorporated 9.15 Scooby-Doo! Mystery Incorporated 9.40 Scooby-Doo! Mystery Incorporated 10.05 Saturday Kitchen Best Bites. 10.30 Film: Scooby-Doo 2: Monsters Unleashed 12.20 Film: Scooby-Doo (2002) 2.20 Film: Scooby-Doo 2: Monsters Unleashed 4.20 Film: Scooby-Doo (2002) 6.20 Film: Scooby-Doo 2: Monsters Unleashed

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5.00 New You've Been Framed! Favourites: Harry Hill narrates a selection of comical clips featuring Annette Tanner and Kim Jong-il lookalikes, before-the-belt mishaps, mischief and pa nini-looking acrobats.

1.00 Britain's Dot Talent: Ant and Dec present the third audition show as more wannabe variety dancers and variety acts try to impress judges Simon Cowell, Dawn Wall aine, Amanda Holden and Alesha Dixon.

8.20 The Circle: A ballet dancer and a support worker try to complete a series of increasingly difficult tasks in a bid to win a jackpot of £250,000. Game show hosted by Phillip Schofield.

9.20 The Jonathan Ross Show: With Peter Andre and music from Jessie J.

10.20 ITV News: Weather.

10.35 Film: Commando (1985): Action adventure, starring Arnold Schwarzenegger.

12.20 River Monsters (R) 12.00 Jackpot247 3.00 Lorraine to Lady Australia. (R) 3.45 ITV Nightscreen

CHANNEL 4

6.05 Kirstie's Homemade Home. 6.30 The Heroin Epidemic (R) 6.35 The Heroin (R) 7.35 British Rallycross. 7.50 The Grid. 8.00 The Morning Line. 8.00 Everybody Loves Raymond (R) 8.35 Everybody Loves Raymond (R) 10.15 Frasier (R) 11.10 The Big Bang Theory (R) 11.40 The Big Bang Theory (R) 12.10 The Simpsons (R) 12.40 Secret Millionaire Ireland 1.40 Channel 4 Racing. 4.10 Come Dine with Me. (R) 6.10 Come Dine with Me. (R)

6.15 Come Dine with Me: Caricaturist-turned-matchmaker Sarah Dunn hosts the final night in Reading, Berkshire. (R)

6.40 Channel 4 News

7.00 Sarah Beeny's Selling House: Homeowners in Muswell Hill, north London, look at ground-floor flats for improvement ideas and then spruce up their own one in 21 days' time, hoping to attract buyers. Postponed from April 13.

8.00 Grand Designs: Restoring two timber-framed barns in Suffolk. (R)

9.00 Film: Season of the Witch (2011): Premiere. Two knights agree to escort a suspected witch to trial, but are not prepared for the horrific powers she possesses. Fantasy adventure with Nicolas Cage.

10.45 Derren Brown: Investigations: The Man with X-Ray Eyes: A man who bet he could tell coin tosses by looking at people's ears. (R)

11.50 Film: The Liberties (2004): Premiere. Period drama starring Johnny Depp.

1.55 Hollyoaks (R) 4.00 Deal or No Deal (R) 4.55 Countdown (R) 5.40 Racing Mad with Eric Lanlard. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers: Super Samurai (R) 10.35 Batman: The Brave and the Bold. 11.00 Ben Fogle: New Lives in the Wild. (R) 12.00 Animal Hero: Submarine Mission. (R) 1.00 Film: Up Periscope (1959) 3.15 Film: Run Silent, Run Deep (1958) 5.00 Film: The Caine Mutiny (1954)

7.20 5 News Weekend.

7.30 NCIS: The bodies of two Afghanistan-deployed officers are found on board a boat belonging to Gibbs – and subsequent inquiries cast suspicion on his main suspect, Mike Franks. (R)

8.15 NCIS: The team delves into Vance's troubled past in an effort to trap a vengeful assassin who is determined to strike back at him by targeting his family. Drama starring Mark Harmon. (R)

9.15 Law & Order: Criminal Intent: The enterprising owner of a popular food van is murdered, and the team's investigations leads to a link between the victim and an influential political family.

10.15 Law & Order: Special Victims Unit: A killer appears to be targeting members of the gay community.

11.10 Law & Order: Special Victims Unit: The detectives investigate when two prostitutes are found murdered and the evidence leads them to a rel gious fanatic who thinks he is saving the women he kills.

12.10 Spike/Casino 3.00 Wildlife SOS (R) 4.45 County Secrets. (R) 5.00 Hana's Helpline. (R) 5.15 Angels of Jerm (R) 5.15 Roary the Racing Car (R) 5.25 The Funky Valley Show (R) 5.35 Hana's Helpline. (R) 5.50 Roary the Racing Car (R)

DIGITAL

BBC Three
1.00 Great Movie Mistakes IV: May the Fourth Be with You 1.30 Film: Blades of Glory (2007) 3.05 Russell Howard's Good News 10.55 Family Guy 11.40 American Dad!

BBC Four
1.00 South Pacific 8.00 The Golden Age of Steam Railways 8.00 Ann Dahl: Dead Blend – Part Two 10.30 The Old Grey Whistle Test: 70s Gold

ITV2
2.20 Film: Toy Story (1995) 4.10 Film: Toy Story 2 (1999) 5.00 Film: The Flintstones in Viva Rock Vegas (2000) 1.00 Totally Hooters Guinness World Records 5.20 Britain's Got More Talent 9.20 Totally You've Been Framed! 10.20 Celebrity Juice 11.10 Pinks 11.40 Britain's Got Talent

ITV3
3.55 A Touch of Frost 6.00 Agatha Christie's Marple 8.00 Doc Martin 9.00 Lewis 11.00 A Touch of Frost

ITV4
11.00 Live Indian Premier League Cricket: Rajasthan Royals v Sunrisers Hyderabad and Mumbai Indians v Royal Challengers Bangalore 4.00 British Touring Car Championship Highlights 8.30 Film: Public Enemies (2009)

5d
5.30 The Mindy Project 8.00 The Big Bang Theory 11.00 Yo Yo Ho Ho 7.30 How I Met Your Mother 8.30 Broke Girls 9.00 Film: John Tucker Must Die (2006) 10.45 The Big Bang Theory 11.45 The Cleveland Show

Film4
2.00 Porridge (1979) 4.45 Never Been Kissed (1999) 6.50 Last Hot Guy (2006) 9.00 Ten Twilight Saga: Eclipse (2010) 11.20 Ten Number 23 (2007)

SUNDAY'S TV 28.04.13

Listings supplied by Press Association

CHOICE

Sheridan Smith (Left)

The Olivier Awards 2013
ITV, 10.15pm
Sheridan Smith and Downton Abbey's Hugh Bonneville co-host this year's Olivier Awards from the Royal Opera House, Covent Garden where they celebrate outstanding achievements on the London stage. Hot favourite to land a gong is Helen Mirren. She re-teamed with acclaimed playwright Peter Morgan for her role as Queen Elizabeth II in The Audience. James McAvoy has been wowing the masses in Macbeth and Will Young dazzled as the MC in Cabaret. Among those performing are the casts of Top Hat, A Chorus Line and The Bodyguard.

BBC1

8.00 Breakfast 1.25 Match of the Day (R) 3.10 The Andrew Marr Show 10.00 The Big Questions 11.00 Sunday Politics: Weather for the Week Ahead 12.20 Bargain Hunt. (R) 1.20 Homes Under the Hammer. (R) 2.05 Flog It! (R) 2.45 Points of View 3.00 Escape to the Country. (R) 4.00 Songs of Praise 4.35 Great Bear Stakeout. (R) 5.20 The Diamond Queen. (R)

5.35 BBC News: Regional News; Weather

1.00 Countryfile: Ellie Harrison visits Snibston Castle, Gloucestershire, and presents archive stories featuring the Beattie Houses of Northumberland and Northern Ireland's Missenden Temple, including Weather for the Week Ahead.

6.00 Antiques Roadshow: The experts are in Farnborough, north-east Hampshire, where items include the Monopoly game used by the Great Train Robbers when hiding and a enamel tin sterling.

7.00 The Village: Joe struggles to hide his shell-shock from the family but Grace knows something is seriously wrong – and when Bert tries to help he only makes matters worse.

8.00 BBC News: Regional News; Weather

8.25 Match of the Day 2: Colin Murray reviews the day's Premier League action featuring Arsenal v Manchester United, Chelsea v Swansea City and Reading v Queens Park Rangers.

11.40 Regional Programme.

12.10 Film: Mother's Boys (1994): Thriller starring Jamie Lee Curtis.

1.45 Weatherview 1.45 BBC News

BBC2

6.00 This Is BBC Two 6.45 Film: Never a Dull Moment (1967) 8.15 Gardeners' World: [illegible] 8.45 The A to Z of TV Gardening 9.30 The Beechgrove Garden 10.00 Live: Snooker: The World Championship 11.00 Saturday Kitchen Best Bites. 12.30 Eggheads 2.20 Live: Snooker: The World Championship

6.00 Coast: The team explores stories linked to estuaries around the UK, with folk singer Jane Turner examining superstitions surrounding the burial of sailors with their sweethearts. (R)

7.00 Live: Snooker: The World Championship: Jason Mohammad introduces coverage of the evening session on day nine at Sheffield's Crucible Theatre, where two second-round matches take place.

11.00 Bill Bailey's Jungle Rem...: Part two of two. The man named as heads to Indonesian archipelago the Moluccas.

9.00 Royal Rundown: Battle with Britain: The media mogul's milestones on the UK over the past 45 years.

10.00 Mock the Week: Looks Back at Britain: Another themed selection from the show's archives.

10.30 It's Kevin: Bird the studio caretaker goes into hibernation! Last in the series.

11.00 Snooker: The World Championship: Highlights from day seven at the Crucible Theatre in Sheffield.

11.50 Snooker: World Championships Extra

1.50 Sign Zone: Countryfile. (R) 2.45 Holby City. (R) 3.45 This Is BBC Two.

ITV

6.00 CITV: Special Agent Oso 6.10 Special Agent Oso 6.25 The Hive (R) 6.35 The Hive (R) 6.40 Dino Dan. (R) 6.55 Dino Dan (R) 7.05 Cammals. (R) 7.15 Cammals (R) 7.20 Almost Naked Animals (R) 7.35 Teenage Mutant Ninja Turtles 8.00 Sonny with a Chance 8.25 ITV News. 8.30 Country House Sunday 9.25 The Jeremy Kyle Show USA. (R) 10.20 Dickinson's Real Deal (R) 11.20 ITV News: Weather 11.35 Film: Collateral: A Perfect Deal (1974) 1.35 You've Been Framed! (R) 2.05 Britain's Got Talent (R) 3.35 Foul Play Live Ford. (R) 4.25 Film: Free Willy 2: The Adventure Home (1995)

8.10 Regional Programme: Weather

8.30 ITV News, Weather.

8.40 Catchphrase: Stephen Mulhern hosts a revival of the panel show in which contestants guess the familiar phrases hidden in animated clues before one of them plays to win £50,000.

1.30 QI: Toxic Rockers: Featuring a woman who tries to park her monthly scooter between two cars, and an elderly couple asking a man in a phone salesman for help with a personal video game.

8.00 Emmerdale: Marlon becomes deeply involved in the affairs of a family-owned main lions factory and its dysfunctional owners following the murder of an unpopular worker.

10.00 ITV News at Ten: Weather

10.15 The Olivier Awards 2013

11.45 The Unforgettable: Mike Reid (R)

12.40 The Store 2.40 Motorsport UK. 3.30 ITV Nightscreen 5.05 The Jeremy Kyle Show (R)

CHANNEL 4

6.35 The Treacle People. (R) 8.15 The Heroin (R) 5.40 Transatlantic Endurance Series. 7.35 Everybody Loves Raymond (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Sur ay Unwich. 12.00 The Big Bang Theory (R) 12.50 The Big Bang Theory (R) 12.55 The Simpsons (R) 1.20 The Simpsons (R) 1.50 Film: The Phantom (1996): Superhero adventure starring Billy Zane. 3.45 Deal or No Deal. 4.45 Five Minutes to a Fortune. 5.50 Film: Marmaduke (2010): Premiere. Comedy starring Lee Pace.

1.30 Channel 4 News

3.00 The Secret Millionaire: Gok Wan works with charity that offers emotional and practical support to young people from disadvantaged backgrounds, many of whom are homeless. Last in the series.

8.00 Film: Love & Other Drugs (2010): From rom. A cynical womanising sales rep for a drugs company falls in love with a waitress with Parkinson's disease. Romantic comedy drama, with Jake Gyllenhaal and Anne Hathaway.

11.10 Film: Dangerous Minds (1995): A former Marine returns as a teacher but struggles to earn the respect of his class of low achievers at an inner-city school. Drama starring Michelle Pfeiffer and George Dzundza.

1.00 How Hip Hop Changed the World: The defining moments in the history of the genre. (R) 2.00 Film: In Nature's Hands. (R) 4.05 Come Dine with Me. (R) 5.00 SniperScrimpers 5.15 Deal or No Deal. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. 9.05 Roary the Racing Car. (R) 9.15 Fin and the Powerbirds. (R) 9.25 Bert and Ernie's Great Adventures. (R) 9.30 The Mr Men Show. (R) 9.45 Chloe's Closet. (R) 9.55 Shark and Custard. (R) 10.10 Pet Rescue: Pyjamas (R) 12.20 Animal Antics. (R) 7.25 Nicky, Ricky, Dicky & Dawn. (R) 7.35 City of Friends. (R) 7.50 Little Princess. (R) 8.00 The Adventures of Basile Top Bill and His Best Friend Corky. (R) 8.15 Mr Men: Little. (R) 8.25 Arthur Ballerina. (R) 8.45 Robert Bear. (R) 8.50 Ben and Holly's Little Kingdom. (R) 9.15 Ricky's Travelling Circus. (R) 9.30 Roary the Racing Car. (R) 9.45 Jelly Jamm. (R) 10.00 The Mr Men Show. (R) 10.15 Bert and Ernie's Great Adventures. (R) 10.20 Power Rangers: Super Samurai. (R) 10.55 Batman: The Brave and the Bold. 11.20 Cowboy Builders. (R) 12.20 Film: The Fifth Element. (1997) 2.45 Film: Chapter By the Dozen 2. (2005) 4.35 Film: Zathura: A Space Adventure (2005)

6.25 5 News Weekend

8.30 Film: Along Came Polly (2004): Romantic comedy with Ben Stiller and Jennifer Aniston.

9.30 Once Upon a Time: Belle is abducted by a man working for Rumpelstiltskin.

10.30 Two Truth About Travellers: New series. Henry McKean explores the lives of travellers in modern Ireland.

11.00 Film: Harry Brown (2009): Premiere. Crime thriller starring Michael Caine.

12.10 Sehr Blues. (R) 1.00 SuperCasino 3.55 Wildlife SOS (R) 4.45 County Secrets. (R) 5.00 Hana's Helpline. (R) 5.10 Angels of Jerm (R) 5.15 Roary the Racing Car. (R) 5.25 The Funky Valley Show. (R) 5.30 Hana's Helpline. (R) 5.50 Roary the Racing Car. (R)

DIGITAL

BBC Three
1.00 Great TV Mistakes 7.10 Shag Marry Avoid? 7.40 The Office UK 9.00 Rhenell Howard's Good News Extra 9.45 Barely Legal Drivers 10.45 Family Guy 11.30 American Dad!

BBC Four
1.00 The Century That Wrote Itself 8.00 Christina: A Medieval Life 8.00 Neil Oliver's Solitary Man 10.00 Len Goodman's Dancing Feet: The British Ballroom Story 11.00 The Joy of Easy Listening

ITV2
3.35 Ten ve Been Framed! 4.00 Keith Lemon: The Hot Desk 4.20 Britain's Got Talent 5.40 Britain's Got More Talent 8.00 Film: Twister (1996) 8.00 Film: Hot Fuzz (2007) 11.20 Celebrity Juice

ITV3
1.55 Agatha Christie's Marple 4.00 Film: Agatha Christie's Thirteen at Dinner (1985) 5.00 Agatha Christie's Poirot 8.00 Film: Parenthood (1989) 10.30 A Touch of Frost

ITV4
11.00 Live Indian Premier League Cricket 5.00 Film: From Dusk Ashes (2011) Documentary about the 1981 Ashes series. 10.00 Film: LA Confidential (1997)

5d
9.40 How I Met Your Mother 4.40 Revenge 5.35 New Girl 6.00 The Mindy Project 6.25 Fa tales to Lannnih (2006) 8.30 The Big Bang Theory 10.00 Dramarama 11.00 Evening of Wondrrs 11.40 2 Broke Girls

Film4
2.00 Murder at the Gallop (1963) 4.30 The Hand (in Red October (1990) 7.10 Legend (1985) 9.00 Coming to America (1988) 11.20 Under Siege 2: Dark Territory (1995)

Monday

BBC1 6.00 Breakfast. 9.15 Fake Britain. 10.00 Homes Under the Hammer. 11.00 Don't Get Done Get Dom. 11.45 Animal Frontline. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Antiques Road Trip. (R) 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 6.45 Party Election Broadcast. (R) 7.00 The One Show. 7.30 Sang Goes the Theory. BBC News; Regional News. 9.00 EastEnders. 9.30 The Russians Are Coming - Panorama. 9.00 Crimewatch. 10.00 BBC News. 10.25 Regional News. 10.35 Crimewatch Update. 10.40 Have I Got a Bit More News for You. 11.25 BBC News. The Editors. 11.45 The Graham Norton Show. (R) 12.40 Weatherview. 12.45 BBC News.

BBC2 6.00 This is BBC Two. 9.00 Homes Under the Hammer. (R) 7.05 Don't Get Done Get Dom. (R) 7.50 Crime Scene Rescue. (R) 8.20 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 10.05 Great British Railway Journeys. (R) 10.35 Click. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Live Snooker. The World Championship. Quarter-final coverage on day 11 at the Crucible Theatre in Sheffield. 9.00 Alex Polizzi: The Fixer Returns. 9.00 Keeping Britain Alive. The NHS in a Day. 10.00 Live - with Jools Holland. 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championships Extra. 2.10 The Super League Show. 2.55 Sign Zone. James May's Man Lab. (R) 3.55 This is BBC Two. 4.00 BBC Learning Zone. (R)

ITV 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Vicious. 9.30 The Job Lot. 10.00 ITV News at Ten. 10.30 ITV News London Weather. 10.35 The Jonathan Ross Show. (R) 11.45 Mark (R) 12.30 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 8.35 The Hoobs (R) 7.00 According to Jim (R) 7.30 Everybody Loves Raymond (R) 7.55 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Frasier (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. USA. (R) 11.00 Location Location. Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weal's Cooking? 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughT. 8.00 Secrets of Your Missing Mail. Channel 4 Dispatches. 8.30 SuperScrimpers. 9.00 The Hotels Next Door. 10.10 Ramsay's Kitchen Nightmares. USA. 11.10 Alan Carr: Chatty Man. (R) 12.05 Random Acts. 12.10 Shameless. (R) 1.05 Black Mirror. (R) 1.55 Gail's Clothes Breakshow. Get the Look for Less. (R) 2.55 The Renovation Game. (R) 3.50 Come Dine with Me. (R) 4.45 Deal or No Deal. (R) 5.40 SuperScrimpers. 5.55 Kirstie's Homemade Home.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trauma Doctors. (R) 12.10 5 News Lunchtime. 12.15 Extraordinary People: Britain's Tiniest Teddies. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Flirt: The Trail to Hope Rose. (2004) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Giant Pythons of the Everglades. Austin Stevens Adventures. (R) 5 News Update. 8.00 Nature Shock: The Fig Blag Theory. 9 News at 9. 9.00 Ben Fogle: New Lives in the Wild. 10.00 Fire: The Invasion. (2007) 12.00 Britain's Closest Encounters. (R) 5 News Update. 1.00 SuperCasino. 4.00 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Fake Britain. 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done Get Dom. 11.45 Animal Frontline. 12.15 Bargain Hunt. (R) 1.00 BBC News. 1.30 Regional News. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Antiques Road Trip. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.45 Party Election Broadcast. (R) 7.00 The One Show. 7.30 EastEnders. BBC News; Regional News. 9.00 Holby City. 9.00 MasterChef: The Final Three. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.40 The Wright Way. 11.05 Film. This Agaton. (2004) 1.45 Weatherview. 1.50 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Don't Get Done Get Dom. (R) 7.45 Animal Frontline. (R) 8.45 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 10.00 Live Snooker. The World Championship. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. Further quarter-final coverage on day 11 at the Crucible Theatre in Sheffield. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Live Snooker. The World Championship. Quarter-final coverage on day 11 at the Crucible Theatre in Sheffield. 9.00 Alex Polizzi: The Fixer Returns. 9.00 Keeping Britain Alive. The NHS in a Day. 10.00 Dave Gorman: Modern Life Is Goodish. 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championships Extra. 2.10 The Super League Show. 2.55 Sign Zone. James May's Man Lab. (R) 3.55 This is BBC Two. 4.00 BBC Learning Zone. (R)

ITV 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League. Real Madrid v Borussia Dortmund (Kick-off 7.45pm). 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 The Big Quiz - Sandburn v Essex. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 8.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. USA. (R) 11.00 Location Location. Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weal's Cooking? 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughT. 8.00 Embarrassing Bodies. Live from the Clinic. 9.00 Crash for Cash. 10.00 Shameless. 11.05 Ben End Trick Artist. (R) 12.10 Random Acts. 12.15 European Poker Tour. 1.15 MOTV Bears. Weekly. 1.55 Salon Armenia's Cup. Discovered. 2.05 The Grid. (R) 2.30 British Rallycross. (R) 3.00 Blanepain Endurance Series. (R) 3.45 Come Dine with Me. (R) 4.50 Deal or No Deal. (R) 5.45 Kirstie's Homemade Home. 5.50 SuperScrimpers.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trauma Doctors. (R) 12.10 5 News Lunchtime. 12.15 Emergency 4 vets. (R) 12.10 5 News Lunchtime. 12.15 Cowboy Builders. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film. McBride: It's Murder Madam. (2005) Crime drama starring John Lamoureux. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Extraordinary People: The World's Strongest Toddler. (R) 5 News Update. 8.00 Big Body Squad. A mother-of-three battles against sleep apnoea. 5 News at 9. 9.00 CSI: Crime Scene Investigation. A light aircraft crashes a mile from the Las Vegas strip. 10.00 Body of Proof. 10.55 Dallas. 11.55 CSI: NY. (R) 12.50 SuperCasino. 4.00 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Fake Britain. 10.00 Homes Under the Hammer. 11.00 Don't Get Done Get Dom. 11.45 Animal Frontline. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Antiques Road Trip. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 9.00 Wiltcholy. 9.00 MasterChef: The Final Three. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 A Question of Sport. 11.45 Film. Michael Clayton. (2007) Legal thriller starring George Clooney. 1.10 Weatherview. 1.05 BBC News.

BBC2 6.00 This is BBC Two. 6.15 Homes Under the Hammer. (R) 7.15 Don't Get Done Get Dom. (R) 8.00 Animal Frontline. (R) 8.30 Sign Zone. Great British Menu. (R) 9.30 Sea Hear. 10.00 Live Snooker. The World Championship. The opening session on day 12 at the Crucible Theatre in Sheffield. 11.30 Daily Politics. 1.00 Live Snooker. The World Championship. Further coverage of day 12 of the Crucible Theatre in Sheffield. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Live Snooker. The World Championship. Further coverage of day 12 of the Crucible Theatre in Sheffield. 9.00 Alex Polizzi: The Fixer Returns. 9.00 Keeping Britain Alive. The NHS in a Day. 10.00 Celebrity Masterchef. (R) 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championships Extra. 2.10 Sign Zone. Sex Education. 2.40 This is BBC Two. 4.00 BBC Learning Zone.

ITV 5.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 All Star Mr & Mrs. 9.00 Scott & Bailey. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 We Love the Monkees. (R) 11.35 The Dales. (R) 12.25 Jackpot247. 3.00 Film. Collision: A Matter of Honour. (1975) Crime drama, starring Peter Falk. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 5.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. USA. (R) 11.00 Location Location. Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weal's Cooking? 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughT. 8.00 Spanner: Secret Agent. 9.00 24 Hours in A&E. 10.00 10 O'Clock Live. Satirical current affairs show, with David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne. 10.55 Random Acts. 11.00 The Hoarder Next Door. (R) 12.05 The Sex Clinic. (R) 1.05 Revenge. 1.50 Film. Franklyn. (2004) Fantasy drama starring Ryan Phillippe. 3.50 Come Dine with Me. (R) 4.25 Deal or No Deal. (R) 5.20 Kirstie's Homemade Home. 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Ben Fogle: New Lives in the Wild. (R) 12.10 5 News Lunchtime. 12.15 Kell's Animal Clinic. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film. A Soldier's Love Story. (2010) Romantic drama with Lori Loughlin and Johnny Messner. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Fraternal Frilcal. (R) 5 News Update. 8.00 Emergency Sikers. 5 News at 9. 9.00 NCIS. 10.00 Lara & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 The Aussie Millionaire Poker Championship. 12.55 SuperCasino. 4.00 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Fake Britain. 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done Get Dom. 11.45 Animal Frontline. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Antiques Road Trip. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News; Regional News. 9.00 Waterloo Road. 9.00 MasterChef: The Final Three. The new champion is crowned. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 The Week. 12.20 Holiday. Weatherview. 12.25 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 Don't Get Done. Get Dom. (R) 7.50 Animal Frontline. (R) 8.20 Sign Zone. Saints and Scroungers. (R) 9.05 Great British Menu. (R) 10.05 Great British Railway Journeys. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. The opening session of the final semi-final in Sheffield. 5.00 Eggheads. 6.30 Flog It! (R) 7.00 Live Snooker. The World Championship. The opening session of the second semi-final in Sheffield. 9.00 The Hillcoxons Husband. 10.00 Watson & Oliver. 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 The Review Show. 1.10 Sign Zone. The Russians Are Coming - Panorama. (R) 1.40 This is BBC Two. 4.00 BBC Learning Zone.

ITV 5.00 Daybreak. 5.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather. 6.15 ITV News. Weather. 6.45 Emmerdale. 7.00 Live UEFA Europa League Football. Chelsea v FC Rubin Kazan (Kick-off 5.05pm). 10.10 ITV News. Weather. 10.40 ITV News London. Weather. 10.45 Vicious. (R) 11.15 The Job Lot. (R) 11.45 All Star Family Fortunes. (R) 12.25 Jackpot247. 3.00 In Plain Sight. (R) 4.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 5.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. USA. (R) 11.00 Location Location. Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weal's Cooking? 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughT. 8.00 Come Dine with Me. 9.00 Ben Fogle: New Lives in the Wild. 10.00 Alan Carr: Chatty Man. 10.55 10 O'Clock Live. (R) 12.05 Random Acts. (R) 12.10 Ice Girl. (R) 12.55 The Windy Project. 12.55 Film. Jalsaghar. (1958) Musical drama, starring Chhabi Biswas. 2.35 Happy Endings. (R) 3.00 Accidentally on Purpose. (R) 3.20 The New Normal. 3.45 Sit Elsewhere. (R) 4.30 Dina or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Nature Shock: The Big Bang Theory. (R) 12.10 5 News Lunchtime. 12.15 Iceland: Ash Cloud Apocalypse. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.10 Film. My Neighbour's Keeper. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 The Remixal Man. (R) 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. 5 News at 9. 9.00 The Mentalist. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.45 Inside Hollywood. (R) 12.00 SuperCasino. 4.00 Motorsport Mundial. 4.25 House Doctor. (R) 4.50 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Fake Britain. 10.00 Homes Under the Hammer. 11.00 Don't Get Done Get Dom. 11.45 Animal Frontline. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Antiques Road Trip. (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News; Regional News. 9.00 EastEnders. 9.30 Would I Lie to You? 9.00 Have I Got News for You. 9.30 Not Going Out. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.20 The Wright Way. (R) 11.50 Film. Dark Water. (2005) 1.25 Weatherview. 1.30 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dork. (R) 7.45 Animal Frontline. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 10.00 Live Snooker. The World Championship. The second session of the first semi-final. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. Further coverage of the second session of the first semi-final. 2.00 Vote 2013. 3.00 Live Snooker. The World Championship. 5.00 Vote 2013. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Live Snooker. The World Championship. The third session of the first semi-final. 9.00 The Genius of Marie Curie - The Woman Who Lit Up the World. 10.00 QI. (R) 10.30 Newsnight. Weather. 11.05 Later with Jools Holland. 12.10 Snooker. The World Championship. 1.00 Film. Felicia's Journey. (1999) 2.50 Sign Zone. Question Time. 3.50 This is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather. 6.15 ITV News. Weather. 6.45 Emmerdale. 7.30 Coronation Street. 8.00 The Martin Lewis Money Show. 9.30 Cannonball Street. 9.00 The Ice Cream Girls. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Film. The Fast and the Furious: Tokyo Drift. (2006) 12.35 Jackpot247. 3.00 Film. The War Wagon. (1967) 4.40 ITV Nightscreen.

Channel 4 5.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Frasier. (R) 10.30 Frasier. (R) 11.00 The Secret Millionaire. USA. (R) 12.00 Location Location. Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 Weal's Cooking? 1.45 Four Rooms. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughT. 8.00 Come Dine with Me. 9.00 Ben Fogle: New Lives in the Wild. 10.00 Alan Carr: Chatty Man. 10.55 10 O'Clock Live. (R) 12.05 Random Acts. (R) 12.10 Rave Girl. (R) 12.35 The Windy Project. 12.55 Film. Jalsaghar. (1958) Musical drama, starring Chhabi Biswas. 2.35 Happy Endings. (R) 3.00 Accidentally on Purpose. (R) 3.20 The New Normal. 3.45 Sit Elsewhere. (R) 4.30 Dina or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Nature Shock: The Big Bang Theory. (R) 12.10 5 News Lunchtime. 12.15 Iceland: Ash Cloud Apocalypse. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.10 Film. My Neighbour's Keeper. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 The Remixal Man. (R) 5 News Update. 8.00 Eddie Stobart: Trucks and Trailers. 5 News at 9. 9.00 The Mentalist. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.45 Inside Hollywood. (R) 12.00 SuperCasino. 4.00 Motorsport Mundial. 4.25 House Doctor. (R) 4.50 Divine Designs. (R) 5.10 Wildlife SOS. (R)

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Hearthrob Paul Hollywood cooks up a sales storm

HIT TV SHOW Paul Hollywood's 'Bread' has created an enormous boom in bakery equipment sales, new Debenhams figures reveal.

Thanks to Hollywood's passion for bread baking, sales of traditional bakeware such as mixing bowls, scales and other accessories have seen the biggest rise, up by 207% versus this time last year.

Electrical bread makers, dough mixers, baking trays, measuring jugs, scales and even oven mitts are also selling like hot cakes, says the high street store.

The dramatic rise has coincided with the broadcast of the popular BBC 2 baking series which has been on air for six weeks.

Sand Debenhams Head of Home Buying Alice Duggan: "Thanks to Paul Hollywood, Britain is becoming a nation of bread bakers once again."

"His reassuring yet authoritative tone of voice makes all food lovers want to follow tradition by baking beautiful, hand crafted loafs rather than buying them in a supermarket."

At the same time, lazier bakers keen to rise to the occasion without the effort are plumping for bread baking machines, sending sales soaring by 30% in the last month alone.

Alice Duggan continues: "Hollywood shows how simple it is to make beautiful buns, his good looks and sex appeal have sparked the nation's interest and made Brits fall in love with baking once more."

Retailer Sainsburys has also seen a spike in bread mixers and dough ingredients since the show has been on air.

"Sales of flour at Sainsbury's have been really strong over the last few weeks with a 30% increase in bread mixes" said Mark Moriarty, Sainsbury's baking buyer. "We've just launched a range of Tastethe Difference bread mixes which are all doing incredibly well too, showing the baking craze is still very much apparent."

And for the very first time, the baking boom is as much a trend amongst males as it is women.

Alice Duggan, Head of Home Buying adds "We first saw an upsurge in our bakeware products following the Great British bake-off, but now we are seeing the Paul Hollywood effect across our sales. We are delighted that the impetus has been maintained throughout the winter and think it is a trend that appears to be here to stay."

Debenhams bakeware is available in all stores nationwide and online at Debenhams.com

Channel 4 orders second helping of The Fried Chicken Shop

AFTER the success of a one-off Cutting Edge documentary, The Fried Chicken Shop Life in a Day which aired earlier this year, Channel 4 has commissioned a brand new three-part series set in the same chicken shop in South London.

The 3 part series will return to Rooster Spot in Clapham to delve deeper into the world of fried chicken, the staff who serve it and the huge variety of customers who buy it. Filming across three weeks, The Fried Chicken Shop Series will use the same mix of motoring fixed cameras and retrospective interviews to capture stories inside the Chicken Shop. The series will also incorporate a new element by following take away customers home, giving viewers a completely new perspective on the people who eat their food the worlds they inhabit.

Favourite characters from the first programme will return alongside new customer stories capturing a wider variety of regulars. The madness of the weekend passing trade and late night revellers will continue to celebrate this very unique slice of British life and once again allow lovers of fried chicken to get involved online.

An impressive 2.1 million viewers tuned in to the original Cutting Edge broadcast with a huge online presence peaking at 1,700 tweets per minute. It was the most tweeted about Channel 4 programme of the week, with 53k tweets and attracted celebrity attention from Denise Van Outen, Lily Allen, Diana Vickers,

Down O Porter and John Prescott.

Emma Cooper, Commissioning Editor at Channel 4 said: "The Fried Chicken Shop really struck a chord with the nation. The team worked hard to make a film that felt significantly fresh and innovative for us to want to serve up more of it."

Mentorn Media's Director of Programmes, Hannah Wyatt, said "Chicken Shop really captured the imagination of viewers. The enthusiastic response on twitter showed the immediate support – including John Prescott, Boy George and Lily Allen all loving it. We saw that it really was a talking point and we're delighted that we'll be able to offer all these fans more views from the shop and beyond."

Sainsbury's opens Britain's greenest convenience store in Haslucks Green

A FORMER tanning salon and metal fabricators workshop in Haslucks Green, Solihull, have been converted into Britain's most environmentally friendly convenience store after the new Sainsbury's Local opened its doors.

The new store uses cutting edge technology normally not seen in a store of its size to minimise its environmental impact. It boasts a number of industry leading features including:

- 42 solar panels on the roof generating electricity (10.5 kWp photovoltaic solar panels delivering circa 9,000 kWh/annum)
- 30 per cent less heat required due to insulation from double glazing on the shop front and timber structural insulated panels within its construction
- Natural refrigeration (CO2) reducing carbon emissions by 33 per cent
- New highly energy efficient LED lighting used across the whole shop
- The signage in the store for customers is made from recycled materials
- The recycling rate for construction waste was 98 per cent and the store's innovative design also reduced the actual construction time by four weeks, helping to further reduce its impact on the environment.

Paul Crewe, Sainsbury's Head of Sustainability, Engineering & Energy, said: "It's a great achievement to fit all of this technology into such a small store. Each one has been selected to help us reduce our environmental impact and achieve reduced carbon and energy savings. We believe this makes it Britain's greenest convenience store finished to the very highest standards.

"The environmental features in the store will also play a big part in helping us to achieve our stretching carbon emissions reduction target of 30 per cent absolute by 2020. We will be monitoring its performance closely over the coming months and hope it will provide an important blueprint for future Sainsbury's Local stores."

As well as the environmental features the store has provided a real boost for the local community by creating 25 new jobs for local people. The store has also pledged to support local charitable organisations and community groups. Prior to opening Sainsbury's development team completed a project with nearby Bournville Infants School, donating £1,000 for its new playground.

Sainsbury's has ambitious plans for its convenience store network and in 2012/13 it opened 87 convenience stores. Sainsbury's now has 530 convenience stores nationwide.

Sainsbury's opened its first convenience store in Hornsmith in 1998. Last year the retailer announced that the continued growth of its convenience stores across the UK would create 10,000 jobs over the next three years.

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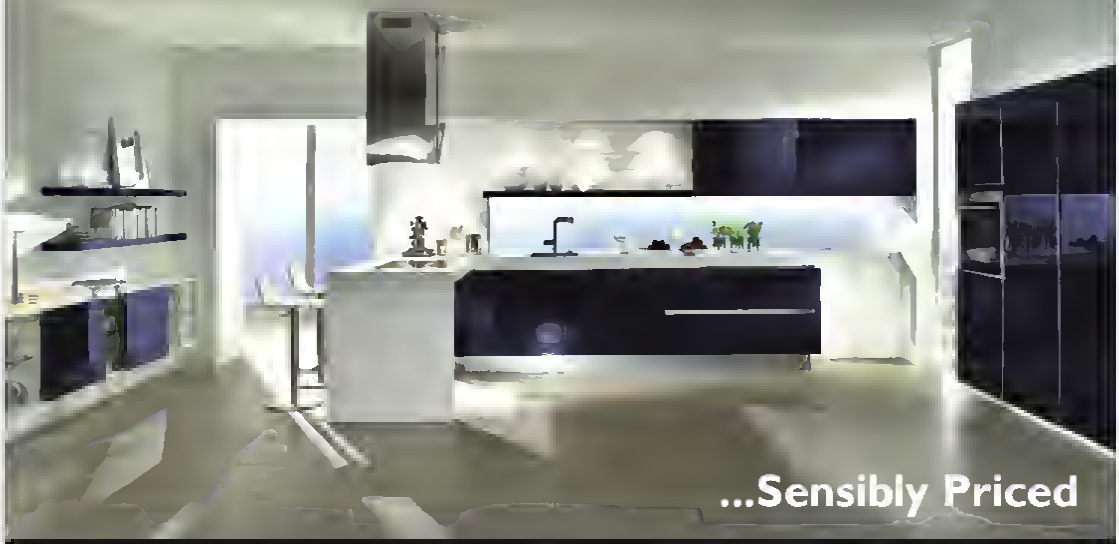

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The power of the Stinging Nettle!

Denise Kelly

STINGING NETTLES suffer from a problem of perception! For most of us consuming anything whose name includes "stinging" does not sound too appealing. This hairy plant may irritate your skin if handled without gloves, and there is even a stinging nettle eating competition to test one's pain threshold. However, preparing stinging nettles for pain-free consumption is well worth the effort we believe it or not this green vegetable offers excellent nutritional value

Minerals

Stinging nettles supply iron and lots of it! Each 1 cup portion contains 2.7 percent to 17.5 percent of the daily recommended intake depending on your nutritional requirements. Many people are urged to consume more iron rich foods, to combat anemia or attention deficit hyperactivity disorder. The calcium content of stinging nettles is also significant in that 1 cup provides 32.9 to 42.8 percent of the amount you require daily. Calcium, as we all know, promotes strong teeth and bones, and it may also lessen the symptoms of premenstrual syndrome, preventing headaches, mood swings and bloating.

Vitamins

By including stinging nettles in your diet it gives you a huge boost in vitamin A, for example a 1-cup serving contains 1,790 IU of this vitamin, nearly three times the amount you need in a single day. Vitamin D works with calcium to strengthen your teeth and bones although its main role in the body is to normalize the amount of calcium and phosphorus in your bloodstream. Your body is able to store extra vitamin A, so the additional vitamins you consume are not wasted. Stinging nettles also serve as an excellent source of vitamin K, a vitamin your body requires for blood clotting. Each 1-cup portion contains 369 to 493 percent of the daily recommended intake. Like vitamin D, your body can store vitamin K for later use.

Benefits

Stinging nettles have a long history of use as a diuretic and joint pain treatment. Incorporating nettles into your diet helps to promote healthy adrenal glands and kidneys, encouraging your body to expel toxins and react to stress in positive ways. Eating nettles may also offer you relief from season allergies, and many people use stinging nettle to make tea, taking it for a variety of maladies including respiratory and urinary problems, diabetes and protection against kidney stones, as well as to speed wound healing.

So, make use of this wild growing plant. It's free, it's easy to find and it will do you the power of good!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Right here, right now

IN SEASON vegetables are at their nutritious peek and should be consumed in abundance for maximum health benefits. So what exactly is available to us right now in the months of April and May?

Asparagus
Cauliflower
Cucumber
Jersey Royal New Potatoes
Purple Sprouting Broccoli
Radishes
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress

The top 20 diet-ditching excuses

'I'VE HAD A BAD DAY', it was my birthday and 'I couldn't resist' are the most common excuses for women to give up on a diet, a study has revealed. Researchers found that almost two thirds of women admit to finding any old reason to quit a healthy-eating plan – even if it's not actually true.

Other favourites included 'life is too short' 'I was always thinking about food' and 'I was hungry all the time'.

The stats emerged in a study which also revealed that a massive 84% of women often give up on a diet sooner than they wanted too.

A spokesman for British Lion eggs, which commissioned the research, said: "Many women start a diet with good intentions of seeing it through until the end or they reach their target.

"But there are so many temptations it's inevitable that some lose momentum and give up before that point.

"If you are struggling to keep the diet up, it doesn't take much to give in and something as simple as having a bad day looks like it can spell the end of a healthy eating regime.

"However, it also seems that there are some women who use any excuse they can think of to get out of continuing the diet.

"If this is something you do, a diet based on low fat, high protein foods will keep you feeling fuller for longer and help you resist temptation which can be the difference between success or failure."

The study of 2,000 women found that 'I've had a bad day' is the most popular excuse for quitting a diet, with 41% of women admitting to using this to enjoy a treat again.

It was my birthday' came second, followed by 'I couldn't resist' and 'I needed cheering up'.

'It's hard to eat healthy when it's cold and wet' came fifth, with 'I've been good and I deserve it' at number six.

Seventh place went to 'I haven't got any willpower while 'life is too short' and 'I was eating out' was eighth and ninth respectively.

'I was bored' completed the top ten.

Other popular excuses to feature in the top twenty include 'I enjoy eating unhealthy food or the odd treat', 'I had a hangover' and 'healthy food is too expensive'.

'I found it too difficult to keep going' and 'there wasn't anything healthy in the cupboard' were also in the list.

It also emerged that the average woman goes on four diets a year, losing just over 6lb on each one.

And although eight in ten set themselves a target weight or clothes size they want to reach, 84% admit they often give up before they reach it.

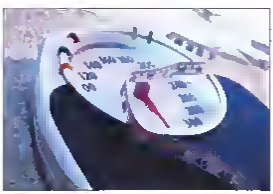
On average women will last just three weeks on a diet before returning to their usual food, with three quarters admitting they use any old excuse to give it up, even one which isn't actually true.

But rather than being honest about quitting, 52% keep it quiet from friends and family and act like they are still watching what they eat.

Researchers also found that chocolate is the food most likely to cause you to abandon a diet, closely followed by cakes, bread and chips.

Top 23 excuses for ditching a diet

1. I had a bad day
2. It was my birthday
3. I couldn't resist
4. I needed cheering up
5. It's hard to eat healthily when it's cold and wet
6. I've been good and I deserve it
7. I haven't got any willpower
8. Life is too short
9. I was eating out and couldn't resist



10. I was bored
11. Someone bought me sweets/chocolate as a present and I couldn't waste them
12. I enjoy eating unhealthy food or the odd treat
13. I'm thinking about food all the time
14. It was my partner's birthday
15. I always felt hungry
16. I needed a sugar rush/energy
17. I've got a hangover and I need unhealthy food
18. Healthy food is too expensive
19. I find it too difficult to keep going
20. There wasn't anything healthy in the cupboard
21. Other people were eating cake
22. It's rude to turn food down when someone has made it for me
23. It's that time of the month so chocolate is allowed
24. It was my child's birthday
25. It's too difficult and time-consuming to make healthy food

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Tips for couples when picking up the tab this summer holiday

FOR COUPLES who don t share a bank account, summer holiday budgets can be unnecessarily complicated. There are usually hotel, restaurant and miscellaneous bills to be settled, which can lead to awkward verbal wrangling as to who picks up the tab and a string of promises as to who will get the next one. However, PrePay Solutions, European prepaid services company, reveals that the answer may be as simple as purchasing a prepaid travel money card before leaving.

Steven Phillips, Retail and E-commerce expert at PrePay Solutions, explains: "Sharing a bank account is almost as big a step as tying the knot for many couples. For others it is an even bigger step and many couples keep their finances separate even after years of marriage. The advantage of a prepaid card is that it gives users the benefits of shared finances, with two separate cards, but without the commitment of a joint bank account, and the long term implications thereof."

PrePay Solutions reveals five reasons to use a prepaid card this summer:

Security. Prepaid cards provide the safety of Chip and PIN, but are not directly linked to a bank account. This means that customers cannot go overdrawn and their funds are safer due to the limitations of the funds on the card.

Acceptance. A prepaid card using the MasterCard® Acceptance network means there is no need to carry other cards. This means people can carry as little as possible when at the beach or going out.

Foreign exchange. Prepaid cards offer good foreign currency exchange rates. This keeps the cost of spending money abroad down.

No transaction charge. Using a prepaid card means that there is no fee to make purchases at shops and restaurants.

Available to all. There are no credit checks and prepaid cards are easy to apply for.

Steven Phillips continues: "The turbulent short term forecast for the value of the pound is another worry over shadowing currency exchanges this summer. Taking out a travel money card offers the added advantage of locking in the exchange rate at purchase, and avoiding the dismal future that the summer appears to have in store for sterling. The longevity of the cards then allows users to convert unspent funds back into pounds at the most favourable rates. PPS delivers travel money card solutions for leading European leisure travel brands, providing comprehensive customer servicing and an online framework that takes the hassle out of the holiday expenditure."

Horoscopes

Horoscopes from Kimi
26 April – 02 May

Aries

You will be building relationships for the future this week so there will be a lot of pressing of flesh. I know you are a team player but keep these contacts under wraps or you may find a colleague or superior will steal these contacts and a march on you! Remember to give family and friends the TLC they deserve.

Taurus

Exercise is good for you both physically and mentally and you need both to be in balance this week. Now I am not saying sign up for the next London Marathon but you do need to work off a little steam as there could be issues on the domestic front which could see your blood pressure rise!

Gemini

You could say that this week will be a little humdrum on the other hand you could say it is a week of consolidation. This is a time for checking that no bits are outstanding reorganizing your desk and workspace. This is a good week for DIY projects. Think tidy house, tidy mind.

Cancer

Entertainment is on the agenda. You are not so much the domestic god or goddess this week more of the host or hostess with the most or mostest. There is more to a dinner party than just food so keep the food simple and sophisticated and the conversation light and you will charm those you need to!

Leo

Stop running around like a headless chicken all will be ok if you learn to prioritize and calm down. You could be seen as a superbly organized go getter or as div of the week it's down to you! Planning and a deep breath will ensure it is the former and score you points with those that matter.

Virgo

A meeting with a financial adviser or bank manager could be on the cards. Don t worry this does not mean that you are in the red far from it you could be getting sound advice about a future investment opportunity. On the domestic front, time to say goodbye to someone you know is holding you back!

Libra

You may be spending quite a bit of time with a work colleague or business associate this week. You don't normally but do listen to what they have to say as they have some very sound advice and creative ideas which could prove useful to you in terms of career development. Remember you can get inspiration from some unusual sources.

Scorpio

You are feeling a little jaded this week. You need to relax a bit after all that hedonism! Treat yourself to a massage. This is the time for you to think through what it is you would like to achieve over the coming weeks. Focus on the bigger picture and let the little things take care of themselves.

Sagittarius

Caution is the name of the game this week, particularly on the financial front. The last thing you need with the economy the way it is is to make a bad investment. So check things out carefully before investing or spending. If you can leave it until next week before making a decision. This advice applies to career changes also.

Capricorn

Don t neglect family and friends spend a little time with them this week they will appreciate it. Just because they don't always say they miss your attention does not mean they don t. You could arrange lunch or just make a surprise visit. You will be delighted at the response you get. Did you know you were that loved?

Aquarius

It's all go this week. It's a good time to take up a new physical activity but make sure it is something strenuous to use up some of that energy. Do you fancy kick boxing or karate? Your energy could be put to good use at work too and could prove profitable career wise. But don t forget your loved ones!

Pisces

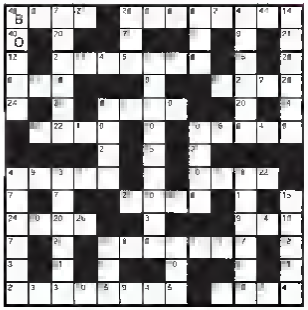
Money is positively featured this week so you may be in for a small windfall. I said small, so don't go and overspend whatever the temptation. The money would be better spent on a new addition to your wardrobe than a new car. Perhaps a romantic meal for two, since your love life appears be heading towards an important phase.

Brain Gym

No.115

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off...



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions

1	2	3	4	5	6	7	8	9	10	11	12	13
A	N	I	R	D	L	B	G	O	C	J	Y	W
14	15	16	17	18	19	20	21	22	23	24	25	26
X	H	M	E	V	S	T	F	U	Q	P	Z	K

Wordsquare

S	P	A
R	T	A
P	U	A

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in -s are permitted. There is one 9 letter word to be found.

How you rate

10 words - average;
15 words - good,
20 words - very good,
25 or more - excellent.

Last week's solutions:

aster, keystroke, oyster, rook, rowdy, rowks, roust, rust, rusk, rusty, rusk, rute, sour, sore, sort, stour, stereo, stoker, store, storey, story, stour, tarse, tore, trus, trek, treks, trey, troy, tyre, tyre, yore

Double Crossword

Choose either quick or cryptic clues

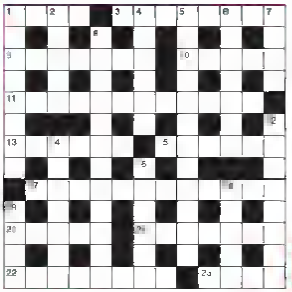
Cryptic Clues:

Across

1 Game unsuitable for women (4)
3. Cautious a girl (6)
6. Essentially he looked into a pastry dish (8,5)
10. After a drink, half the band provide dances music (5)
11 Isn't it particular what it sells? (7,3)
13. After the road is renovated it is showing skill (9)
16. It goes round, applying pressure about renewal (8)
17. What one has to be in to engage in the class war? (8,4)
20. Pieces of land in the Far East (6)
21 Rings about train disaster in Canada (7)
22. Sacked, he doubt (2,3,3)
23. Is the French description of Malta perhaps...? (4)

Down

1 Impress a seller without his knowing? (5)
2. Like a layer of wood (6)
4. This snake is poisonous, yet a baby may play with it! (9)
5. Hardly bright ideas! (4,6)
6. Possibly one has man has had to change (7)
7 Times some of the rather divers (4)
8. It's said to be a way to ensure a good stretch of repentance (5,2,5)
12. It's used extensively by bandsmen (9)
14. Wear and tear about an object (7)
18. Sensitive plant (6)
19. Members that help to make progress (5)
16. It can give one sin, after a fashion (4)



Quick Clues:

Across

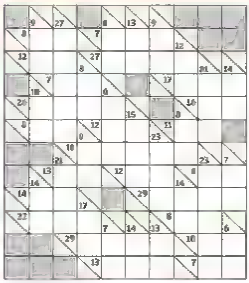
1 Quote (4)
6. Crusade (8)
9. Harmful (7)
10. Morning reception (5)
11. Ingrained habit (6,8)
13. Foreign (5)
15. Anew (4)
17 Imminent belief (12)
20. Desert (5)
21 Flaws (7)
22. Main (6)
23 Exceedingly (4)

Down

1 Slot (6)
2. Polyester (5)
3. Agree (6)
5. Lowest RAF commission (5-7)
6. Upside down (7)
7 Requirement (4)
8. Agreeing by chance (12)
12. Stormy (9)
14. Eye-specialist (7)
16. Declare (6)
18. Angry (5)
19. Separate particular (4)

Last week's solutions:
CRYPTIC... Across 1 Enraged 7 Bet on 8 Blunt; 19 Pinacles 12 Rear windows, 14 Staff nurses, 18 Toddler 19 Lyric; 21 Sheep, 22 Stretch Down 1 right 2 Fairness 3 Not, 4 Relish 5 I row-down, 6 Rinses; 11 Printer 13 Almighty 15 Flagel 16 Elysee 17 Finish; 20 Sly, QUICK Across 1 Appeal; 7 Minor 8 Later 10 Cushion, 12 Wonder spears, 14 Fish company; 18 Cavalry; 19 Arrears, 21 Accost; 22 Ordered Down 1 Speak; 2 Relish 3 End 4 Bishop, 5 Snickered; 9 Tumble, 11 Asbuim 13 Balance 15 Travel; 16 Number 17 Answer 20 Art

Kakuro



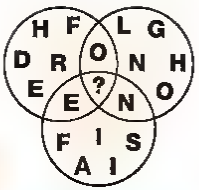
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:

Scribble pad

Circlegram

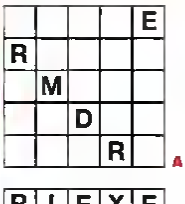
Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is M. Gossamer, Gingham, Cashmere, all types of fabric

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.



Last week's solutions
Grape Resin Asset Piece Enter

Sudoku

Fill in the grids below so that every column...every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions, > From top to bottom Simple, Intermediate, Difficult

Simple

	2					5		8
9			3	7			2	
	5	4	8		6			9
4		6					5	7
			5		7		8	
8		5		1		9		3
5			7		2	1		
	6	7		5	3		9	
		9				7	4	

Intermediate

	5	8				1		4
	4			1	3		6	
3						9		2
	2	7	9		8			
	8		7		1		2	
					6	7	5	
4		2						
	6		1	7			9	
1			2			3	4	

Difficult

	5					6		
		1			3	2	9	
		8		7				5
4				8	2	5		
		9	3	6				7
6				4		9		
	9	4	1			7		
		3					4	

Look out for us during National Snoring Week
April 22-28th

Good Night Ring

"Don't know how it works but it does, it's amazing"
Simon B

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8 million people in the UK operate an 'online business from home'

ONE in ex (17%) people in the UK (or eight million) are operating as ao onlioe business from home, specifically purchasing goods to resell, or making their own products to sell for profit, according to research from Direct Line for Business (DL4B).

The researoh revealed that of these home businesses, 5.2 million (65%) are buying items specifically to resell on at a profit, while 2.8m sell home made products such as greeting cards, scraps and eBooks. DL4B has termed these companies 'home webtraders' - retailers or peroh ase selling goods direct from home using the internet.

The research also revealed that three in four (74%) home businesses keep all their stock at home with an average value totalling £4,385 - a risky proposition given in the last year there were 653,000 burglaries in England and Wales. Many of these businesses would not be covered by standard home insurance policies, requiring specialist business insurance, as these goods do not constitute standard home contents.

Analysis of traders on a leading online auction site showed that a large number of online sales operations run by private individuals are actually sizable businesses, with the top 5% of private sellers generating an annual turnover of a very healthy £15,094. With the new personal income tax threshold of £9,440 coming in place as of the 6th April 2013, DL4B believes that a significant number of people selling products online will be unaware that their activities online mean they are actually running a business from home. These operating a business from home on top of other employment may need to pay tax on all turnover generated through online sales.

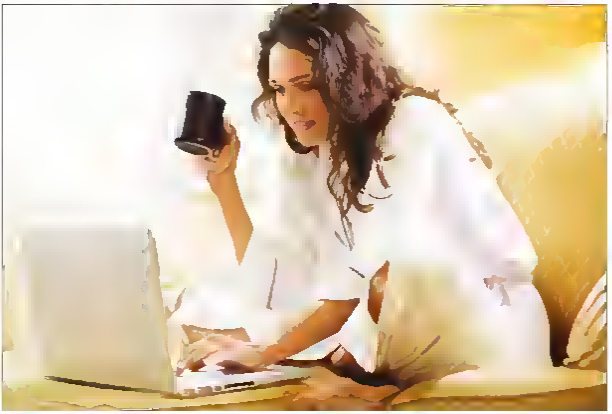
Jane Gaskell, Head of Direct Line for Business commented: 'A large proportion of people clearly don't view themselves as running a business, despite generating a sizeable turnover selling goods online to be dispatched from their home. People should check with HMRC if their activities online mean they qualify as running a business. Stock stored at a home will not be covered by a standard home insurance policy, as people are putting themselves at financial risk. Indeed for those people transporting goods to and from home, insurance is also required to avoid damage in transit.

'We urge people looking to make or sell items from home on a regular basis to organise home business insurance from the start.'

The research also revealed that when asked about how these online home businesses prioritised key actions when they first began selling items, sorting tax arrangements and organising insurance ranked 6th and 8th.

Priorities for those operating online businesses from home:

Ranking - Home Business action:
1 Buying more stock
2 Setting sales targets
3 Devising a business plan
4 Making expansion plans
5 Creating a marketing plan
6 Sorting tax arrangements
7 Developing their office layout
8 Organising insurance
9 Looking to recruit



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Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

Seats in the Stalls for the matinee performance

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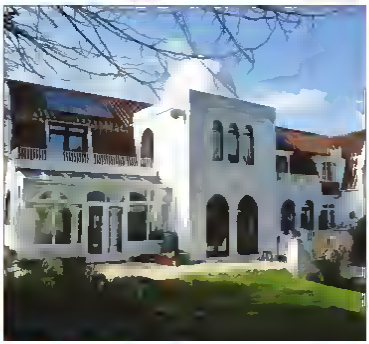

Willows Edges boost from Help to Buy

WHEN the Chancellor announced a new shared equity scheme to boost the housing market in his budget speech last month, Charles Church was one of the first house builders to respond.

Within hours, Charles Church was receiving hundreds of enquiries about Help To Buy, and the first sales under the scheme are already being processed at Willows Edge, a stunning development of two, three, four and five bedroom houses in a variety of styles and finishes in the village of North Bersted, East Sussex.

Charles Church sales teams across the south coast have had comprehensive training on Help To Buy, and are fast becoming industry experts on what the scheme means to customers.

In reality, at Willows Edge Help to Buy means customers can secure a three bedroom mid terrace property for the incredible price of just £183,960 (list price, £229,950)

Rob Allen, Sales Director of Persimmon Homes South Coast said "Help To Buy is going to provide a huge boost to the housing market, and it is available to anyone buying a new-build home up to the value of £600,000. All you need is a five per cent deposit.

"The Government will put in up to 20 per centre through an equity shared loan, the remainder will be funded by a repayment mortgage. The loan can be paid back at any time over the next 25 years, or when you sell the home, and there is no interest to pay on that portion for the first five years."

Other buying incentives available at Willows Edge are NewBuy and Part Exchange.

The sales office at Willows Edge is open seven days a week from 10am to 5pm. For more information call in at the development or visit the Charles Church website at www.charleschurch.com/help-to-buy

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registered charity number

ASSAULT COURSE CHALLENGE

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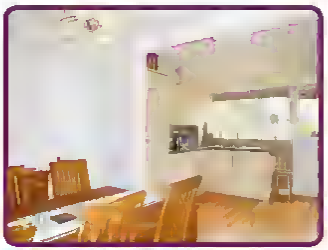
ALDWICK **£395,000**

An extended and refurbished individual four bedroom family house situated on a corner plot within a quarter of a mile of shops, around half a mile from schools and the beach. G.F.H., u.P.V.C. double glazing, u.P.V.C. fascias, cloakroom, dual aspect lounge, dual aspect family room, dual aspect kitchen/dining room, en suite shower room, sep. bathroom, detached garage and South Westerly rear garden. EPC RATING C



ALDWICK BAY ESTATE **£795,000**

An elegant Georgian style detached residence situated in the premier thoroughfare of the Aldwick Bay private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment & remodelling in recent years, G.F.H., a new slate roof with enhanced insulation, modernised electrics including internal power points in the front and rear, u.P.V.C. double glazing, 'Thermalite' cavity wall insulation, entrance hall, a cloakroom, 26' triple aspect lounge, a triple aspect garden rm., bright & spacious dual aspect kitchen/dining rm, separate utility rm., a study/office, a master bedroom with en suite shower rm., 3 further bedrooms, a bathroom, garage & good sized remodelled & stocked gardens with a new block paved drive & wrought iron gates. EPC rating is D

ALDWICK **£575,000**

A superbly presented 'New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., u.P.V.C. double glazing, replacement wiring, plumbing & sanitary ware etc., a double rm., a triple aspect lounge, spacious kitchen/dining rm., utility rm., sturdy oak rm., an impressive master bedroom suite with vaulted dressing rm. & luxury en suite bathrm., 3 further bedrms., family bathrm., an integral garage & well maintained gardens to the front and rear. EPC rating is E

ALDWICK BAY ESTATE **£415,000**

A detached chalet style house on a corner plot in private marine estate with in 500 yards of the private beach. G.F.H., u.P.V.C. double glazing, conservatory/entrance, entrance hall, dual aspect 'L' shaped living room, dining room, ground floor bedroom/study, kit/breakfast room, ground floor shower room, two good size first floor bedrooms and a second bathroom, garage with carport, a workshop/office and a West facing rear garden. EPC rating is D

ALDWICK BAY ESTATE **£310,000**

A two/three bedroom first floor apartment situated in the Aldwick Bay private marine estate approx. 300 yards from the beach. The property is of Georgian design and includes electric under floor heating, u.P.V.C. double glazing, spacious dual aspect living room with doors opening to two balconies, dining room/bedroom three, kitchen, two bedrooms, bathroom, cloakroom, garage and private area of garden. EPC RATING. E

ALDWICK **£219,950**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm., fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles, use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, liv ng room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

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Bognor Regis | £224,950

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- Four Bedrooms
- Lounge / Diner
- Contemporary Fitted Kitchen
- Fitted Bathroom and Ground Floor WC
- Enclosed Rear Garden

Pagham | £135,000

- First Floor Purpose Built Maisonette
- Two Double Bedrooms
- UPVC Double Glazing Throughout
- Garage In Compound and Parking
- South Facing Lounge and Balcony
- No Forward Chain

Westmeads | £244,950

- Detached Two Double Bedroom Bungalow
- Modernised Throughout
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Motorists could save money opting for annual car cover payments

DRIVERS paying for their car insurance each month, rather than once a year, could save £89 each - or £1.6 billion collectively as a result - by switching to an annual payment, according to research by MoneySupermarket.

Almost 24 million car insurance quotes analysed by the comparison site found just under half of motorists (48 per cent) opt to pay for their insurance monthly at an average cost of £621 a year. However, drivers who pay for their insurance once a year are spending an average £532 - or £89 less. Therefore those drivers paying monthly could collectively save £1.6 billion a year simply by changing the way they pay.

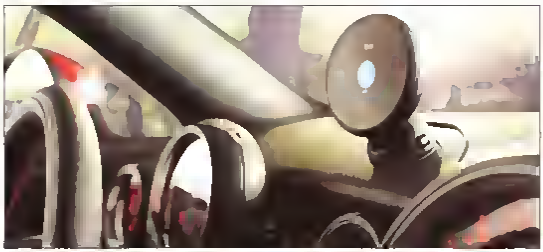
Interestingly, the analysis also reveals that those who pay monthly do so because they typically have higher premiums. On average those who pay monthly have an annual cost 24.7 per cent higher than those who actually choose to pay yearly. As most would expect, cost is therefore a deciding factor for these opting for more manageable monthly payments.

Peter Harrison, car insurance expert at MoneySupermarket, said: "Running a car certainly isn't cheap, and while insurance premiums have fallen steadily recently, the benefit of that is unfortunately diminished by the rising cost of fuel and other motoring costs. It can be a huge strain on a family's finances by paying an upfront annual premium for car insurance, therefore, spreading the cost and paying monthly is a way to ease this burden. However, it could end up costing you more in the long run.

"A handful of insurers refrain from doing so, but more often than not an additional cost will be applied if you opt for paying monthly rather than annually. The analysis clearly shows there are definite cost benefits overall to paying annually.

"Cash strapped motorists could consider other financially-savvy ways to spread the cost of their premium, such as using a zero per cent purchase credit card. Putting the cost of the premium on to a zero per cent purchase credit card, such as the Tesco Bank Clubcard Credit Card which offers 0 per cent on purchases for 16 months, allows drivers to spread the cost of their premium, effectively paying monthly without the additional interest. There are a number of zero per cent purchase cards on the market, so if you are eligible, you'll only pay for the original price of your policy, although your insurer may charge a small fee if you pay via a credit card. If you choose to pay using this method, you will need to be disciplined. Paying the balance off in full within 12 months will ensure that you won't be paying for this policy when your new one kicks in."

In the future, commuters will always know their fastest way, every day



TOMTOM previews the TomTom Commuter concept, designed to take the guesswork out of daily driving. In the future, drivers will know, for sure, the fastest way to work and home. Powered by world-class TomTom Traffic, the TomTom Commuter concept will provide dynamic ETA (Estimated Time of Arrival) comparisons at key decision points along the daily commute.

Most commuters know all the different routes to their daily destinations and therefore do not believe they need turn-by-turn navigation. However, due to changing traffic conditions, they never know for certain which of their routes is the quickest on any given day. TomTom's new concept will empower drivers with the information they need, to know for sure, their fastest way to work and back.

"TomTom has unparalleled knowledge of the traffic situation across the entire road network," says Corinne Vigreux, Managing Director of TomTom Consumer. "Our aim is to use our traffic expertise to give commuters easy access to the information they really need every day. Many commuters face a daily driving dilemma, never knowing for sure which of their regular routes will be the fastest. The TomTom Commuter concept will eradicate uncertainty and enable daily drivers to make informed decisions."

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AUTO CREW

Straight from the commentary box

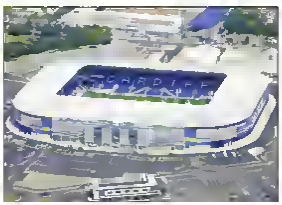
Life on the road

Johnny Cantor

SO this weekend we will be making the final away trip of the regular season It's Leeds United and Albion know a win will guarantee a play-off place Elland Road is steeped in history and ahead of another trip north I thought I would pen some memories of the venues we have visited this season.

Every stadium is different. Every game is different. This season has certainly had plenty of different experiences and here are a few recollections from across the year and across the motorway network

- Warmest welcome Ipswich
- Worst journey Blackburn 9hr round trip when game called off as we walked through the gates!
- Best food Wolves (beef stew)
- Worst weather Blackburn (it was Baltic 2nd time around)
- Closest view Cardiff
- Furthest view Bolton
- Worst post match blues Barnsley
- Best chippie Forest
- Most 'vociferous' fans Burnley
- Most strenuous climb Middlesbrough
- Tightest seats Birmingham
- Best tradition Peterborough (top hats)
- Most annoying moment car blew out at 1am on way home
- Most memorable moment mmm victory at Cardiff. Again



Cardiff City Stadium was a popular venue for Johnny and Brighton and Hove Albion this season

Of course there could be one more trip to one of Albion's play off rivals and a trip to Wembley way which might live long in the memory but well done to all those who have made trips across the season Stay safe and give us a wave next time you spot us

Ps As you will see a certain club doesn't feature I thought best not to mention Seagulls fans can savour the home game instead!

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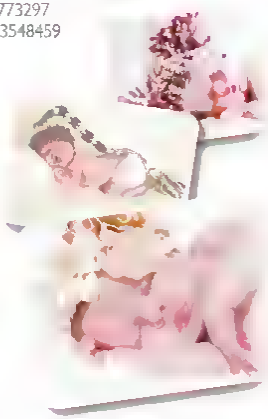
Terms & Conditions 10% off Bump Photography Sessions Valid for new booking only until 30th June 2013 Valid on £95 Session fee which includes images on disc The fee covers the maternity session and preparing the images for you to view As well as a disc of edited high-resolution digital files in colour these are also available in black/white at no extra cost. Payable at time of booking your session



SPECIAL OFFER

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Football

Chichester Ladies battle for sunny draw

Sunday 21 April 2013
South East Combination
Chichester City 1 – 1 Luton Town

CHICHESTER LADIES took to Oaklands Park on a glorious spring afternoon knowing that a win would stand them in good position to mount a challenge on second place team Ipswich

With the sun shining on, Chichester started the slower of the two teams with Luton Town mounting a serious charge at the Lilywhites defence. Luton were working tirelessly for their cause and working well as a team going forward. Alexandra and McGlashan were working well together at the heart of the Chichester defence for the first time together and were able to clear whatever was thrown at them

McGlashan was winning everything in the air from the numerous crosses and corners that Luton Town lurked into the box. With the number of crosses and corners coming in at McNamara's goal it was surely only a matter of time before McNamara was called into action

Chichester were struggling to get a foothold on the game with the Lillywhites top two searching ever more for the ball and dropping deep into the heart of the midfield in order to help out. Chichester were slowly working their way back into the game but were resorting to long balls to the top two instead of playing their normal passing game

Ambler and Challen were hiking well up front when Chichester had the rare attacking opportunities. Shooting opportunities were few and far between with Chichester's best effort of the first half falling to Jenna Fowle after she ran on to a forward ball and cut back inside of the defender and with her weaker left foot floated one just over the bar. The half time whistle blew and the teams went in goalless at the break

With the first half put behind them Chichester came out for the second half a completely different team. Daniel Foul came on for Starkey and had an immediate influence on the team with her energy

Chichester were beginning to communicate with each other and were creating more opportunities going forward with Ambler and Challen starting to break down the Luton Town defence

Luton began working harder and took the lead after a horrendous bounce in front of McNamara had to be tipped over the crossbar but fell nicely to the Belles centre forward who smashed the ball into the back of the Lilywhites net. A goal that, after the first half performances came against the run of play

Ambler and Challen were beginning to find time and space on the ball and were running at the Luton Town defence. Ambler was played through, after a series of passes between Fowle, Wride, Widdowson and Willet created enough space for Ambler to run in behind the backline and smash a ball against the upright.

Chichester were testing the Luton Town goalkeeper constantly with power and precision but the Belles goalkeeper held firm and produced some excellent saves. However it was from one of these saves that forced a corner which led to the Chichester's goal. Wride whipped in a ferocious ball into the near post where Widdowson lost her marker and headed home to make it 1-1

The Luton Town goalkeeper was from then on being bombarded under the copious amounts of pressure thrown at her end took a couple of knocks for her efforts. Hughes-Jones came on for Hornett who had her usual solid game with 15 minutes left on the clock.

Luton Town were beginning to tire and Chichester were trying to take full advantage of this. With the game ticking into the 91st minute a brave Willett run down the right hand side drew a penalty. It was Wride who wanted the ball the most and who stepped up to take the penalty. However another excellent save from the Luton Town goalkeeper kept the scores level.

With the game having another 5 minutes left due to the stoppages, late on Luton nearly stole it after a counter-attack from stretched the Chichester backline but they held firm until the final whistle blew

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	37	25	9	3	105	31	74	84
REDHILL	38	25	6	7	89	41	48	81
PAGHAM	40	25	4	11	86	51	35	79
EAST PRESTON	35	22	9	4	88	37	51	75
RYE UNITED	37	21	10	6	100	52	48	73
RINGMER	41	20	9	12	75	64	11	69
LINGFIELD	38	21	5	12	95	75	20	68
HASSOCKS	39	20	6	13	92	62	30	66
EAST GRINSTEAD TOWN	39	19	6	14	93	61	32	63
ST FRANCIS RANGERS	38	17	8	13	74	63	11	59
HORSHAM YMCA	38	17	6	15	90	68	22	57
LANCING	39	14	9	16	77	67	10	51
HAILSHAM TOWN	36	15	2	19	66	76	10	47
SIDLEY UNITED	39	13	7	19	66	77	-11	46
ARUNDEL	38	12	7	19	54	81	-27	43
SHOREHAM	39	13	4	22	64	100	-36	43
CROWBOROUGH ATHLETIC	38	13	3	22	62	95	-33	42
SELSEY	38	10	11	17	49	69	-20	41
DORKING WANDERERS	39	10	10	19	61	77	-16	40
CHICHESTER CITY	39	10	6	23	54	99	-45	36
WORTHING UNITED	39	3	6	30	41	144	-103	15
AFC UCKFIELD	38	3	3	32	41	132	-91	12

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	31	24	4	3	86	22	64	76
NEWNHAVEN	32	22	4	6	89	49	40	70
EASTBOURNE UNITED AFC	32	18	5	9	94	62	32	62
LITTLE COMMON	31	19	4	8	89	41	47	61
*ROADEBRIDGE HEATH	33	16	4	13	80	61	19	52
WESTFIELD	30	14	7	9	58	51	8	49
LOXWOOD	31	14	7	10	54	48	6	49
STEYNING TOWN	33	14	6	13	72	58	14	48
MIDHURST & EASEBOURNE	31	13	9	9	74	64	10	48
MILE OAK	32	13	8	11	60	55	5	47
STORRINGTON	33	12	7	14	49	65	-16	43
BEXHILL UNITED	32	11	9	12	64	69	-5	42
SEAFORD TOWN	32	11	7	14	56	61	-5	40
WICK	32	8	7	17	43	66	-23	31
SOUTHWICK	32	8	4	20	51	72	-21	28
OAKWOOD	31	7	5	19	54	83	-29	26
RUSTINGTON	31	6	7	18	40	77	-28	25
SALTDEAN UNITED	33	2	2	29	36	154	-118	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	20	16	3	1	69	21	47	51
BARNHAM	20	13	2	5	67	27	40	41
HAYWARDS HEATH TOWN	17	12	4	1	49	12	37	40
BILLINGSHURST	18	10	4	4	43	23	20	34
CLYMPING	20	8	5	7	32	28	4	29
PERRING	21	8	7	6	47	45	2	*28
UCKFIELD TOWN	18	6	4	8	31	40	-9	22
ROFFEY	18	6	3	9	31	40	-9	21
IFIELD	19	4	4	11	30	44	-14	16
HURSTPIERPOINT	19	4	4	11	18	37	-19	16
TD SHIPLEY	20	3	2	15	14	63	-49	11
ROTTINGDEAN VILLAGE	20	3	2	15	22	72	-50	11

* 3 Pts deducted ineligible player

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